# BENEFITS OF NEW BIRTH CONTROL PILL, PG 20

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TORONTO • TUESDAY, JANUARY 27, 2009 metronews.ca

Work pg 18

Cop deals with darker side

## Woman gives birth to octuplets

**HEALTH** A woman gave birth to eight babies in Southern California yesterday, the world's second live-born set of octuplets.

The mother, who was not identified, gave birth to six girls and two boys weighing between 1.8 pounds and 3.4 pounds, doctors at Kaiser Permanante hospital told KCAL9.

"It's a surprise," Dr. Karen Maples said. "Eight newborns are in stable condition and they're doing quite well."

Doctors estimated the delivery of the babies lasted five minutes.

"They were all screaming and kicking around very vigorously," Dr. Harold Henry told the TV station.

THE ASSOCIATED PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Finance Minister Jim Flaherty tries on a pair of safety shoes yesterday in Gatineau, Que. Flaherty was following tradition in which finance ministers buy new shoes before delivering a budget. Flaherty's choice of workboots symbolizes the government's intent to get the economy working again with billions of dollars earmarked for the country's infrastructure. More coverage, pages 3, 4, 6.

# Putting money to work

## Tories to unveil budget today

**Billions of dollars in tax breaks for the middle class, including incentives for home renovations, are expected to be unveiled today as the Conservatives seek to maximize a bang for the buck in their big-spending budget.**

The tax cuts will highlight a massive economic bailout plan with tens of billions of dollars in new federal spending and tax measures, $2 billion in help for the jobless, cash for the auto industry, $7 billion for urban reconstruction and measures to free up consumer and business loans.

Canada 2009 Federal Budget

The government is planning a series of tax initiatives, which will include incentives for home renovations to revive the building trades during the recession.

"Some of those tax initiatives will involve getting money in consumers' pockets, so that ordinary people — working-class people, middle-class people — can spend money. These will also be affordable, good tax reductions for the long term," Prime Minister Stephen Harper told CTV yesterday.

Broad-based tax cuts, however, are risky for the Conservative minority government, which is under threat of defeat from the opposition parties. The Liberals, who hold the key to the Harper Tories' survival, have said they will try to vote down the government if the budget slashes income taxes. The Liberals argue that tax cuts are ineffective as an economic stimulus tool and could saddle Ottawa with perpetual budget shortfalls.

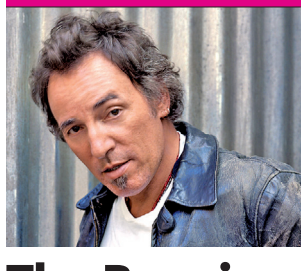
Harper said it's important that today's budget provides help for "the broad, middle class that pays the freight in this country" so the middle class "also participates in the economic recovery."

TORSTAR NEWS SERVICE

Sports pg 17

## Cards been Berry good for Bertrand

Entertainment



## The Boss is back, pg 27

Finances pg 14

Planning for the future

ShareYourViews
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# Speech calls for spirit of co-operation

Words aside, the numbers are what count, and today's federal budget was always the main event.

The speech from the throne, delivered yesterday by Gov. Gen. Michaëlle Jean, reopened the 40th Parliament with a brief, gloomy prelude to the budget that the government has already said will bring tax relief and about $13 billion in new spending.

### Protecting the vulnerable

- The speech used language employed in the past two weeks by Liberal Leader Michael Ignatieff in a signal the Conservatives want to meet his requirements.
- It vowed to "protect the vulnerable: The unemployed, lower-income Canadians, seniors, aboriginal Canadians and others hit hardest by the global economic recession."

The speech — 3½ pages long, in contrast to the 16-page address delivered by Jean two months ago — was austere in its outlook, but more conciliatory in tone.

In a world "threatened by a struggling economy," Prime Minister Stephen Harper called on the spirit of co-operation that prevailed during other "times of great crisis" — war, economic depression and "moments when great policy division tugged the very bonds of this union."

TORSTAR NEWS SERVICE

TOM HANSON/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean delivers the speech from the throne yesterday in Ottawa.

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**Man charged after seniors bilked by con artist**
An arrest has been made after police say a man using the name Giovanni Di Tommasis was taking large cash deposits from seniors in northwest Toronto for renovation work never performed. When confronted, the man flashed an Italian police badge to dissuade them from calling authorities, police say. Rolando Gualtieri, 58, of Concord is charged. TORSTAR NEWS SERVICE

# Local

## Schmidt gulps raw milk at trial

**Dairy farmer Michael Schmidt argued yesterday in a Newmarket court that the charges laid against him for distributing raw milk are unconstitutional — and backed up his arguments by gulping raw milk from a glass mason jar during a recess. The 54-year-old farmer from Durham, Ont., faces 20 charges, which stem from his production, storage and distribution of raw milk. In Canada, it is illegal to sell or distribute unpasteurized milk, which health officials consider a health hazard. Schmidt is representing himself at trial.** TORSTAR NEWS SERVICE

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## Tomorrow's Metro

### Metro Drive

2009 Venza the most North American car Toyota has ever built? Metro finds out.

### metronews.ca

WHAT'S ONLINE TODAY

**Video** The Tories announce billions in infrastructure funding, and Michael Ignatieff accuses the government of having a "split personality" at **metronews.ca/canada**

**Blogs** SAG, Golden Globes, LAFCAs and Razzies: Hollywood Rants on how award show fatigue is killing the Oscars at **metronews.ca**

**Your Money** Allan Small on what you should look for in an investment adviser at **metronews.ca/investing**

### Lotteries

**Ontario Pick 3:** 8 4 1; **Ontario Pick 4 :** 8 6 6 0
**Encore:** 8753377
**Daily Keno:** 4, 10, 13, 17, 21, 25, 26, 28, 32, 36, 39, 43, 46, 52, 55, 57, 63, 67, 68 & 70
These results are not official.

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# York frustration grows

## Mood expected to stay glum despite back-to-work bill

**The return of 5,000 students to York University's strikebound campus yesterday did little to appease finance professor Kee Hong Bae.**

"It's ridiculous," Bae said of the nearly three-month-long strike by members of the Canadian Union of Public Employees, Local 3903 — the third in a decade to paralyze the university. "If they (the union) continue to strike like this, I just may leave, look for another job."

Spirits were low throughout the campus as it slowly stirred awake yesterday. Students said they felt torn — relieved to see their own crisis resolved, but angry that their friends remained in limbo and worried about the aftermath of the strike. Picketers at the university's main gate said they struggled to stay motivated in the face of back-to-work legislation, which threatens to quash their efforts.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

York university students study at the university, which recently allowed some students to return to class despite the strike.

Premier Dalton McGuinty called the Ontario legislature back this weekend for a rare Sunday session to send employees back to work, but the New Democrats voted against the bill, prolonging the stoppage for at least a few more days.

In the Schulich lobby, Rupika Sharma tackled a textbook for an 11:30 a.m. economics class. Though ready and glad to be back, the second-year student said she disapproves of the process that allowed her and her peers to return.

"For me personally, it's good; for the overall picture, it's bad," said Sharma, 19, noting rising resentment among the 45,000 students still barred from the classrooms.

She predicted tensions would only increase once back-to-work legislation takes effect.

"The students are not in a good mood, the TAs are not in a good mood — how will the teaching take place?"

### Start dates

- If back-to-work legislation passes today, classes could resume as early as Thursday, according to the York website. If it passes tomorrow, the school would reopen Friday. An agreement later this week would push the start date to Monday.

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# Housing funds short, but still good: CEO

Canada 2009
Federal **Budget**

**ONTARIO** While the federal government is proposing to pump more than $2 billion into needed social housing across Canada, the cost of repairs to Ontario's housing alone is estimated at about $1.2 billion, according to Derek Ballantyne, CEO of Toronto Community Housing.

"Is it enough? No, but it's still pretty considerable," Ballantyne said. And this is a watershed moment: "It's the first time the money has been coming for the repair of social housing. So that's a pretty big deal."

Of the $2 billion package to be announced in today's federal budget, $1 billion is expected to go towards renovating existing social housing and $600 million for housing on reserves.

"There's a general shortfall overall of social housing in this country," said Sharad Kerur, executive director for the Ontario Non-Profit Housing Association. "In Ontario alone there are a minimum of 124,000 people on a waiting list for social housing, and 70,000 of those people are in Toronto," said Kerur. TORSTAR NEWS SERVICE

# Water main leaves tenants in cold, dark

**BREAK** Five tenants in a registered rooming house in the Broadview Avenue and Queen Street East area were abandoned without electricity or water all weekend and left to freeze in a nightmare that finally ended yesterday.

A water main in front of 27 Hamilton St. broke Friday, flooding the basement.

The power was turned off due for safety, leaving the tenants in subzero temperatures for three days before it was finally turned back on yesterday afternoon.

TORSTAR NEWS SERVICE

# No parole for Ratwatte for 13 years

**MURDER** Harpreet Chambal dodged death earlier in his young life after a successful kidney transplant.

But on Sept. 8, 2007, a stranger, already under a weapons ban, fired a bullet into his head for reasons that remain a mystery.

Anuruddha Ratwatte, 21, of Mississauga is serving life in prison for murdering the 18-year-old Brampton man.

Yesterday, Justice Bruce Durno said he must wait at least 13 years before he can seek parole for the second-degree murder of Chambal and trying to kill a witness.

"(Chambal) was a bright young man with a promising future. His parents remain devastated by his loss, so much they moved to Edmonton to escape the memories," Justice Durno told a Brampton court.

Ratwatte never revealed why he killed Chambal or shot at Behzad Zahid, whom he missed.

Ratwatte had no animosity toward Chambal or Zahid, whom he had met a few hours earlier at a party. Ratwatte, who had sold ecstacy at the party, killed Chambal and fired at Zahid after they and Zahid left to get more. Chambal died in hospital about 36 hours later. TORSTAR NEWS SERVICE

# Study finds Aspirin can help liver fight toxins

**BENEFITS** Aspirin is at it again. And this time the multi-use drug is benefitting the liver.

According to a Yale University study, acetylsalicylic acid can protect the liver from drugs, alcohol and other blood-borne toxins.

"The inflammation prolongs the injury to the liver and it amplifies it," says lead study author Dr. Wajahat Mehal.

"What the Aspirin is doing is switching off the inflammation and decreasing the overall injury," he said.

TORSTAR NEWS SERVICE

## News in brief

**SHOOTING** A 23-year-old was rushed to hospital last night after being shot in the Jane Street-Lawrence Avenue area. Police found him at 7:40 p.m. Two shots hit him in the leg, an officer said. Four males were seen fleeing in a black Nissan Maxima. TORSTAR NEWS SERVICE

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**$64B deficit predicted**
Last week, officials revealed that the budget will run a $64-billion deficit over two years. THE CANADIAN PRESS

## Federal Budget Wish List

# Infrastructure No. 1

## Miller, McGuinty urge immediate action

**Accelerating infrastructure projects and getting shovels in the ground are two priorities Toronto Mayor David Miller and Ontario Premier Dalton McGuinty hope they can act on. That is, if today's federal budget comes through with the required federal funding both leaders seek.**

David Miller

Dalton McGuinty

Infrastructure projects — roads, sewers, bridges, transit and other plans — need to get moving now, local leaders say. Politicians have complained that Ottawa has made repeated promises of cash from a $33-billion federal infrastructure fund, but the money remains in limbo, stalling many projects.

"We need action today. We don't need red tape. We don't need funds created that are never spent, like the Building Canada Fund," Miller said recently, referring to Ottawa's infrastructure scheme. "That won't work. It won't have an immediate stimulus."

Miller cited the example of the Spadina subway extension to York University, which was delayed 2½ years waiting for federal funds — long after McGuinty announced the project.

Another major issue is employment. Barely 30 per cent of the jobless in Ontario now receive employment insurance benefits, for example. With the unemployment rate expected to soar this year, Ontario has made its point to Ottawa that it is imperative that EI is made more accessible.

METRO NEWS SERVICES

## National **Wish** Lists

### Budget priorities from Metro newsrooms across the nation

#### HALIFAX

Like Christmas morning, many people across Nova Scotia will be waking up today hoping for tons of new loot.

Nova Scotia Premier Rodney MacDonald is looking for green stimulus funds, but said some new projects, like twinning highways, need to be done. MacDonald also listed education, the Atlantic Gateway and more employment insurance money as priorities.

Halifax Regional Municipality Mayor Peter Kelly said he hopes the money is distributed such as gas tax funds are currently, which are the "quickest hit" for funding.

#### OTTAWA

With the federal budget set to be tabled today, the mayor of Ottawa has new funding for the city's infrastructure on his wish list.

Aimed at creating jobs and boosting the economy, yesterday's announcement of $4 billion in new infrastructure spending by Minister of Transport, Infrastructure and Communities John Baird will leave a lasting legacy on the city, Mayor Larry O'Brien said.

"The city of Ottawa needs to be in the best possible position to take advantage of this new funding from the federal government as soon as it becomes available," said O'Brien.

#### ALBERTA

The mayors of Alberta's two largest cities agree that today's budget announcement must address municipal infrastructure in each city.

"Edmonton would benefit from more ... infrastructure projects like expanding our LRT, finishing our overpasses ... and building new recreation centres," Edmonton Mayor Stephen Mandel said.

In Calgary, Dave Bronconnier agreed, saying, "infrastructure and housing. Those are the two priorities that will keep the economy moving."

Meanwhile, Premier Ed Stelmach called for more support for "individual Albertans," focusing on issues such as airport fees and the cost of credit card transactions to small businesses.

#### VANCOUVER

Social housing, transportation and sewage infrastructure top the wish list of B.C.'s largest cities.

Vancouver Mayor Gregor Robertson said he wants funding for new social housing units and money to accelerate the completion of a light-rail transit line to the University of B.C.

Surrey Mayor Dianne Watts is hoping for sewage system upgrades and the improvement of a main avenue.

Premier Gordon Campbell said housing and highways are his priorities.

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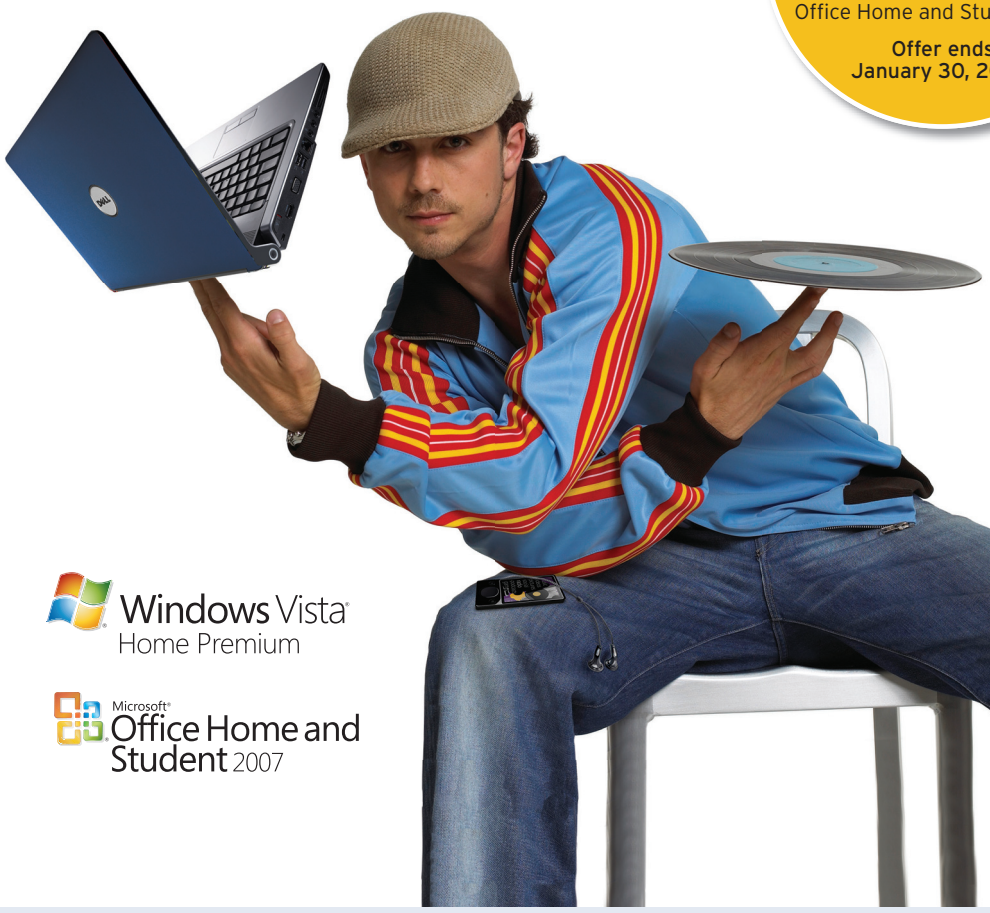

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**Ignatieff will reserve judgment**
Liberal Leader Michael Ignatieff (Etobicoke-Lakeshore) will consult with advisers overnight and caucus tomorrow before revealing whether the Liberals will defeat the government on its budget or not. TORSTAR NEWS SERVICE

# Federal Budget 2009

## Canadians support deficit

**Canadians are coming around to the idea of massive federal deficits. The latest Canadian Press-Harris-Decima survey finds a strong majority of 58 per cent now support the government's plan to spend the country out of recession. That's a 10-point increase over the number who said they were in favour of running deficits to stimulate the economy in a mid-January poll.** THE CANADIAN PRESS

Canada 2009
Federal **Budget**

**Upcoming Coverage**
***Tomorrow***
- **The breakdown on who gets what**
- **Reaction from the opposition**
- **Profiles on locally affected families**
- **How did Canada's major cities fare?**
- **Will the auto industry get help?**
- **Infrastructure and the environment**
- **Social housing and the Tory plans for EI**
- **Kate MacNamara from CBC gives Metro her take**

# More green for green

## Budget to include $1 billion in renewable energy projects

**The federal budget will include $1 billion for renewable energy, but the government has also signalled it wants to break down environmental roadblocks that stand in the way of a speedy economic recovery.**

A so-called Green Infrastructure Fund, part of $7 billion in stimulus funds that were revealed yesterday, is intended to spur the creation of clean energy infrastructure in the country, Infrastructure Minister John Baird says.

But in order to move fast on all the projects designed to get the economy moving, Ottawa is planning changes to the Canadian Environmental Assessment Act.

TOM HANSON/THE CANADIAN PRESS

Prime Minister Stephen Harper receives a standing ovation yesterday during a debate on the speech from the throne in the House of Commons in Ottawa.

Those changes could include exempting projects worth less than $10 million from environmental oversight and streamlining government assessments that are part of the pre-building process, according to a leaked document released by the New Democrats last week. Currently, both the federal and provincial governments must complete their own environmental assessments.

Baird said provincial premiers have told him "it's essential to protect the environment, but is it essential to do two environmental assessments for each and every project?"

"I agree with that advice we're getting from the provinces and territories," Baird said, promising more details in the coming days.

For its part, Ontario is forcing environmental assessments to occur within six months for public transit projects.

TORSTAR NEWS SERVICE

## A few words may make a difference

**SLUMP** How quickly and strongly Canada's economy rebounds from the worst slump in almost two decades could come down to a few lines in today's federal budget and their execution, economists say.

Last week, Bank of Canada governor Mark Carney presented a rosy picture of the recovery with Canada bouncing back strongly next year.

But Carney had a significant caveat. He was assuming massive and effective stimulus in the United Sates and in Canada to make his sunny prediction work.

All indicators point to massive stimulus, likely split between spending and tax cuts.

THE CANADIAN PRESS

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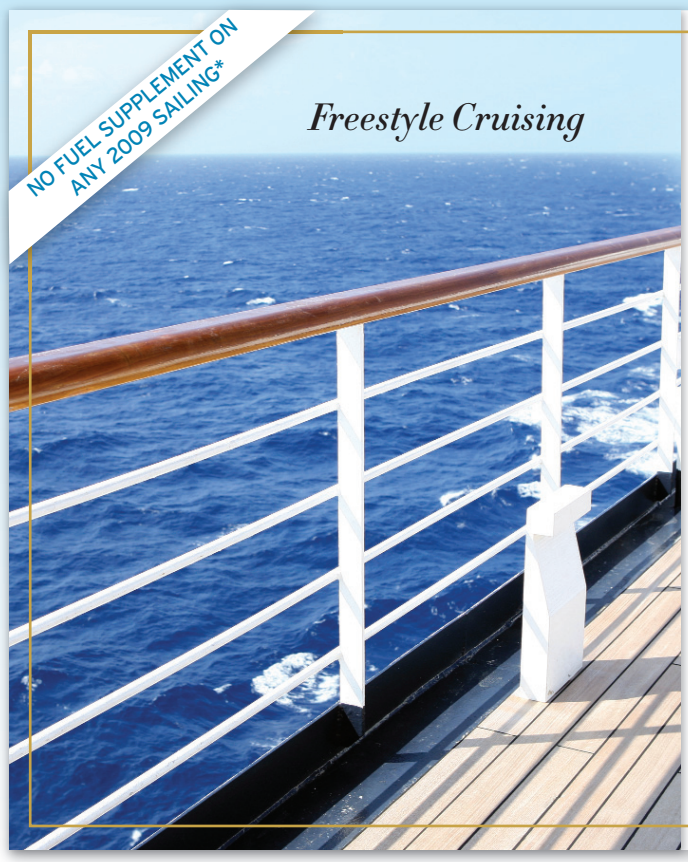


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the Bay

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**'Pastor' gets five years for sexual assault**

Daniel Cormier, left, a self-described pastor who hoped his "marriage" to a 10-year-old girl he took to bed would convince a judge to acquit him on a sexual assault charge was sentenced to five years in prison yesterday. THE CANADIAN PRESS

# Canada

## Lotto winner looking to share loot

**Five former employees of a St. Catharines Tim Hortons should get a sweet treat the next time Jorma Hogbacka sees them. "There was five girls working down there and I promised when I win the big money, I'd give each one of them $30,000," the 60-year-old St. Catharines man said yesterday as he held a $14.8-million cheque at the Ontario Lottery and Gaming Corp. prize centre. Hogbacka split Saturday's $44.4-million 6/49 jackpot with two other winners.** TORSTAR NEWS SERVICE

# Harper's expenses examined

## Critics say pre-election spending should count towards campaign limits

**Prime Minister Stephen Harper spent nearly $20,000 on hotels and hospitality during 23 trips across Canada in the lead-up to last year's election, his expense accounts show.**

Harper spent $16,440 on hotels and another $3,247 on hospitality, while his staff spent nearly $5,000 on "refreshments and snacks" during the cross-country blitz.

The final trip ended Aug. 28 in Dawson City, Yukon, where Harper announced a new Arctic sovereignty policy a week before calling the October election.

More than $200,000 for advance-planning trips by aides is not included in the final costs of the pre-election travels.

The spending has critics urging Harper to exercise restraint in light of the current fiscal and economic climate.

Harper's expense reports for 2008 include $7,493 spent by a senior assistant to attend a series of focus groups across the country in advance of the election.

The pre-election spending is prompting calls to count such costs in the future as election campaign expenses, with the party in power paying the tab. The expenses would be included in campaign spending limits.

Harper's office declined to respond directly to questions about the spending.

"Our government is always concerned about how hard-earned tax dollars are being spent," deputy press secretary Andrew MacDougall said in an e-mail.

"It should be noted that our government has spent significantly less than the previous government on travel and hospitality, period." THE CANADIAN PRESS

## Iranians denied visas more often

**VISITORS** Canada refuses more visitors' visas from Iran than almost any other country despite having collected millions of dollars in processing fees, a group of Iranian lawyers says it has found out through an Access to Information request.

Citizenship and Immigration documents obtained by the Persian Law Association of Quebec show a 61 per cent refusal rate in 2008 for Iranians trying to get visitors' visas from the Canadian embassy in Tehran.

The Iranian refusal rate was 51 per cent in 2007; 32 per cent in 2006 and 59 per cent in 2005. Ottawa had no specific response as to why the Tehran rate was so high.

TORSTAR NEWS SERVICE

## Publication ban law changed

**COURT** Ontario's top court says the law banning the publication of evidence used against someone at a bail hearing is too broad and needs to be reined in.

The Ontario Court of Appeal ruled yesterday that while such bans are necessary to protect an accused's right to a fair trial, the section of the Criminal Code dealing with bans is unconstitutional. Mandatory publication bans, under the law, are granted at bail hearings when the accused asks for one.

The court has ruled that not only must the accused ask for the ban, but the accused's case must also possibly be headed toward a jury trial. THE CANADIAN PRESS

# NDP upset over Harper's senate additions

**SWEARING-IN** Canada's newest round of senators has been sworn in, and the NDP is crying foul.

Eighteen new senators, appointed last month by Conservative Prime Minister Stephen Harper, have received the oath of office in Parliament's upper chamber.

They include such notables as former broadcasters Mike Duffy and Pamela Wallin, Olympic skier Nancy Greene Raine and several prominent Conservatives.

Harper is seeking Senate reform and has long maintained that the $134,000-a-year seats should be filled by a vote of the people, not by prime ministerial appointment.

New Democrat MP David Christopherson says Harper cannot be trusted to keep his word after ignoring his own law to fix election dates last fall, authorizing a series of leaks prior to today's federal budget, and contradicting his stance for accountability and Senate reform. THE CANADIAN PRESS

### Senate by party

- Standings in the 105-seat Senate are 59 Liberals, 38 Conservatives, five Independents and three Progressive Conservatives. Harper could name 11 more senators by year's end.

TOM HANSON/THE CANADIAN PRESS

Former broadcaster Pamela Wallin, who was sworn in to the Senate earlier, waits for the start of the proceedings of the speech from the throne yesterday in the Senate Chamber on Parliament Hill in Ottawa. She is one of 18 new senators.

## News in brief

**BORDER** An internal review found records were "missing or incomplete" for almost half of cases in which newly armed Canadian border agents drew their guns. And border officers in one region were completely unaware they had to send reports to headquarters on incidents involving force, including use of weapons such as pepper spray and batons. THE CANADIAN PRESS

**Netanyahu says he will allow existing West Bank settlements to grow**
Benjamin Netanyahu, the front-runner in Israel's election next month, said he would allow existing West Bank settlements to expand for "natural growth" — a policy likely to face opposition from the Palestinians and the new U.S. administration. THE ASSOCIATED PRESS

# World

## Iceland's government falls

**Iceland's coalition government collapsed yesterday amid a financial crisis that has pummelled its economy. Prime Minister Geir Haarde, left, said he was unwilling to meet demands from his coalition partners in the Social Democratic Alliance, which insisted upon the post of prime minister in order to keep the coalition intact.** THE ASSOCIATED PRESS

# New road for autos

## Obama orders greener cars

**Major changes are in store for the ailing North American auto industry following U.S. President Barack Obama's directive yesterday that carmakers will be required to build more fuel-efficient cars and trucks.**

"It will be the policy of my administration to reverse our dependence on foreign oil while building a new energy economy that will create millions of jobs," Obama said.

He ordered the Department of Transportation to get moving on new fuel-efficiency guidelines for the auto industry in time for 2011 models, and to start implementing a 2007 law requiring a 40 per cent improvement in gas mileage for cars and light trucks by 2020. George W. Bush's administration failed to write any regulations to enforce the new law.

**"It will be the policy of my administration to reverse our dependence on foreign oil."**
Barack Obama

In another break from a controversial Bush policy, Obama ordered the Environmental Protection Agency to re-examine whether states should be allowed to enforce tougher auto emission standards than those imposed by the federal government.

THE ASSOCIATED PRESS

## Trial starts without Blagojevich

**DEFIANT** Illinois Gov. Rod Blagojevich's historic impeachment trial began yesterday without its defiant defendant, who has refused to participate.

Blagojevich was hundreds of kilometres away in New York, where he hit the talk show circuit, appearing on ABC's Good Morning America and The View before an appearance on Larry King Live. The Today show also aired an interview. THE ASSOCIATED PRESS

## News in brief

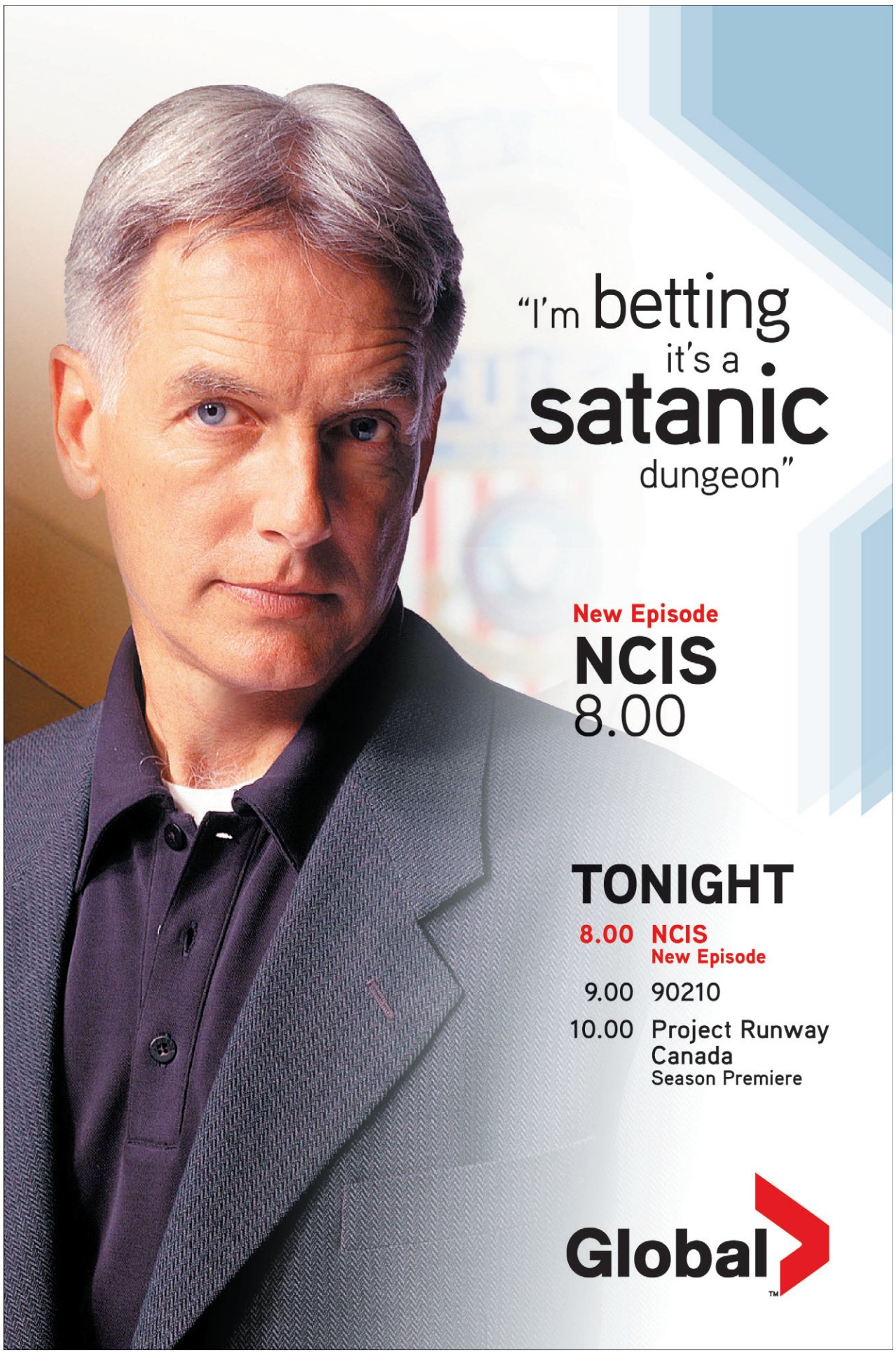
**FROZEN** A 93-year-old man froze to death inside his Bay City, Mich., home just days after the municipal power company restricted his use of electricity because of unpaid bills, officials said yesterday.
THE ASSOCIATED PRESS

## EU could take stateless Gitmo prisoners

**GUANTANAMO BAY** European Union leaders said yesterday they are willing to take prisoners being released from the U.S. detention camp at Guantanamo Bay — but only after detailed screening to ensure they don't import a terrorist.

Foreign ministers discussed the fate of 60 inmates who cannot be returned to their homelands because they would face abuse, imprisonment or death. The prisoners come from Azerbaijan, Algeria, Afghanistan, Chad, China, Saudi Arabia and Yemen.

Of those 60, only 19 — chiefly ethnic Uighurs from China — have been reclassified as civilians.
THE ASSOCIATED PRESS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# Comment & Views

## Comment

# PM's credibility dwindling

NationalReport

"He's starting to sound like a New Democrat," Jack Layton said yesterday, speaking of Stephen Harper.

The NDP leader, alluding to plans in the Conservative budget to invest in social housing, was describing how the government would do anything to survive. Anything.

Yesterday was the Throne Speech highlighting a new tone of bi-partisanship. Today will be the neck-saving budget. We can say neck-saving because more than half the budget has already been deliberately leaked as part of Harper's effort to strategically manipulate the news agenda.

The multi-billion dollar fiscal stimulus combined with tax cuts will likely be enough to satisfy Liberal Leader Michael Ignatieff who doesn't want an election now and who will argue that his party forced the government's hand. The bottom line is that a prime minister chastened by his near calamity last fall will live to see another day.

His sense of desperation has seen him enter into a contradiction of staggering dimension, one of the biggest flip-flops Ottawa has ever seen. Only two months ago the government was assuring one and all that, in the words of finance minister James Flaherty, "The days of chronic deficits are behind us."

Canada 2009
Federal **Budget**

This was after Harper promised in the election campaign that there would be no deficit. Then last week, the government announced there would be five years of deficits. Not just any deficits. But huge deficits — $64 billion over the next two years.

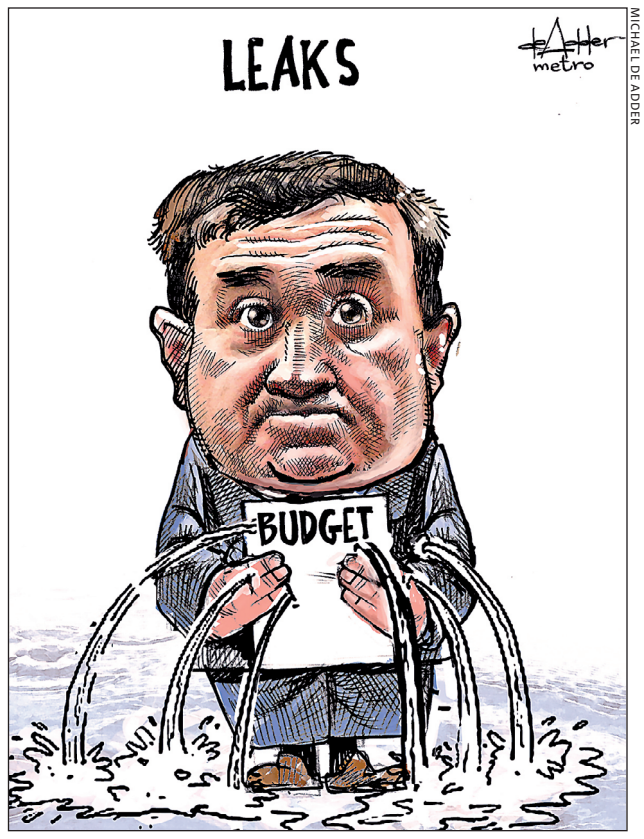
The amazing about-face constituted the toughest challenge for the PM to surmount. But his adroit use of pre-budget leaks has done the deed. The folks in the prime minister's office know that the media only hangs on to a story until the next good one comes along. So after leaking the $64 billion story, they followed it with other pre-budget news. The story of the stunning deficit reversal was a one-day wonder.

It's not a question of whether big deficits in this teetering economic climate are necessary. They may well be.

But what it does highlight is once again the question of credibility. Again it is clear with this government that it is all about political manipulation, of taking advantage of the gullible, of thinking that the people will forget what was stated categorically before and believe the Harper team now.

"It's all about 'doublespeak,'" Ignatieff said. "The stubborn reality is a problem of trust."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.




MICHAEL DE ADDER

## Worth mentioning

### Climate change here to stay

Many damaging effects of climate change are already basically irreversible, researchers declared yesterday, warning that even if carbon emissions can somehow be halted, temperatures around the globe will remain high until at least the year 3000.

"People have imagined that if we stopped emitting carbon dioxide the climate would go back to normal in 100 years, 200 years; that's not true," climate researcher Susan Solomon said.

Even if carbon emissions were stopped immediately, temperatures around the globe would remain higher than they would have been without the world's pollution until at least the year 3000, her study found. The findings were announced as U.S. President Barack Obama ordered reviews that could lead to greater fuel efficiency and cleaner air.

THE ASSOCI-

## Views

# National securities regulator needed now

InBusiness

In Canada, there's nothing as resistible as an idea whose time has come. Thomas Hockin, chair of the Expert Panel on Securities Regulation in Canada, says the time is right for the creation of a national securities regulator.

Of course, some have been saying this since 1935, when the suggestion was first aired by the Royal Commission on Price Spreads. Hockin's panel wants to replace our fragmented system of 13 provincial and territorial securities commissions with one regulator that will make public companies more accountable while eliminating overlaps and unnecessary compliance costs.

Were it not for parochialism and myopia (mainly in Alberta, British Columbia and Quebec), we might already have a national commission. Indeed, the federal government, mainly in the person of Finance Minister Jim Flaherty, has decided to ignore constitutional and court challenges and create a national regulator anyway. Expect an announcement in the budget announcement today. Investors shouldn't breathe any sighs of relief though. A national regulator is a necessary foundation for sound market regulation, but it's only one pillar of a viable system. For Canadian and foreign investors to have genuine confidence in our capital market we need much more. We require truly vigorous enforcement, a knowledgeable judiciary that can move with relative speed and

Canada 2009
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impose meaningful penalties when necessary, and an auditing regime that ensures the fullest possible disclosure and transparency for public companies. The status quo is clearly unacceptable.

Despite rare exceptions such as the Research In Motion stock option accounting case, wrongdoers usually go unpunished. In some cases, notably Bre-X, no one is ever found accountable.

No commission, national or otherwise, will succeed unless the RCMP's lacklustre Integrated Market Enforcement Teams are replaced with something better funded and better directed, such as a new National Enforcement Branch as part of the new regulatory structure suggested by Hockin's panel. Judges will need better training and resources to move with greater speed and expertise to bring cases to conclusion. And laws need revision to ensure that, when convictions result, there are meaningful sentences or fines.

Underpinning these reforms, Canada needs tough, transparent auditing. This doesn't mean International Financial Reporting Standards, which Canadian auditors are pushing Canadian companies to adopt by 2011. The existing system, Canadian Generally Accepted Accounting Principles, is hardly without faults, but with refinements, it would give investors much more confidence that Canadian companies' books are uncooked.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

## Quote **of** the **Day**

***"When a million children die of malaria a year ... I don't think the economic crisis changes the moral value of those lives being worth saving."***

**— Bill Gates on supporting malaria research**

## Metro Online Poll Results

| 31% SAID YES | Do you support the Tory government's decision to run $64-billion deficit over two years? | 69% SAID NO |
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**Bank of Montreal shutting banking locations inside supermarkets**
The Bank of Montreal is cashing out of its in-store banking program, shutting 107 small outlets in supermarkets. Most of the locations are to close in April. Some are in Sobeys and IGA supermarkets and A&Ps rebranded as Metro outlets. **THE CANADIAN PRESS**

# Business

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**OIL** $45.73 US | 74¢

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

## Business in brief

**PROTECTION** Chicago-based Smurfit-Stone Container Corp., the largest producer of cardboard box materials in North America, has filed for bankruptcy protection in the United States and Canada.

**LOSS** Insurer ING Canada Inc. says it won't slash jobs as part of staff reductions at its parent company, even as the Canadian unit posted a fourth-quarter loss and full-year profits sank 75 per cent. **THE CANADIAN PRESS**

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## GM cutting 2,000 more jobs in U.S.

**IDLE** General Motors will idle a production line that makes Impala sedans in Oshawa for an extra week to align production with slumping market demand.

GM says it will cut 2,000 jobs at plants in Lansing, Mich., and Lordstown, Ohio, and it will halt production for several weeks at nine North American plants over the next six months due to slow sales.

No Canadian jobs will be lost. **THE CANADIAN PRESS**

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# Experts back spending

**There has never been a better time to fix everything that's broken in Canada, economists say.**

Transport Minister John Baird yesterday indicated the government will invest $7 billion in infrastructure as part of the stimulus package to be unveiled today.

Benjamin Tal, senior economist at CIBC, predicts other governments will pump $650 billion into global infrastructure in the next two years — building and rebuilding highways, roads, bridges, overpasses, water supply systems, waste water treatment facilities and sewer systems.

Tal argues that Canada, which has $700 billion worth of assets in its pension funds, could easily make a large-scale investment into infrastructure, something he says would be a good idea, even though it would push the country deeper into debt.

A $10-billion infrastructure investment in Canada, he says, could potentially create 110,000 jobs. **TORSTAR NEWS SERVICE**

### Investment

- A CIBC World Markets report yesterday predicted that as governments look to spend their way out of the recession, between $25 trillion and $30 trillion of infrastructure investment will be pumped into the global economy over the next two decades.

## Contractor, partners found liable

**RULING** An Ontario court has found a Vaughan landscape contractor and two partners liable for more than $3 million plus interest for corruption at the provincial government's real estate arm a decade ago.

Mr. Justice Frank Newbould said in a ruling released yesterday that Frank Gabriele, a key player in the Vaughan-based Gabriele Group of companies, engaged in manipulation of bids for an environmental cleanup contract and three land sales with Ontario Realty Corp. staff and subsequently profited from them.

The judgment capped a nine-year legal odyssey that started with 50 individuals, companies and civil servants being sued. **TORSTAR NEWS SERVICE**

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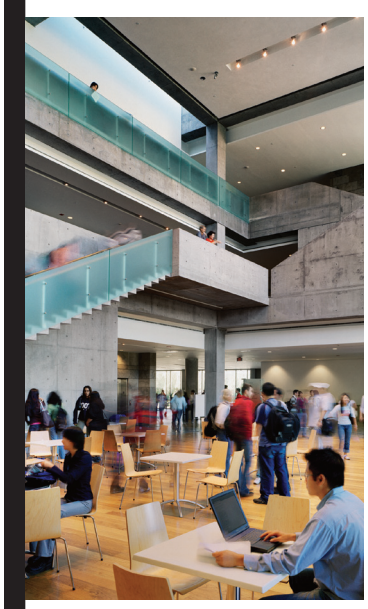

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**"To avoid having to go down the bankruptcy road you want to avoid the vicious cycle of debt."**

In today's economic climate, filing for bankruptcy is an unfortunate reality. However, before taking this drastic measure, it's important to understand the ins and outs of bankruptcy, your options and the long-term consequences.

**What is bankruptcy?**

According to Canadian law, bankruptcy is the act of legally declaring that you are unable to pay your creditors. When someone declares bankruptcy, a trustee appointed by the court oversees the bankruptcy process. This trustee acts as a negotiator on behalf of the person declaring bankruptcy and the creditor to try and ensure that both interests are looked after.

**How does filing bankruptcy affect my credit score?**

Depending on your circumstance and debt, a declaration of bankruptcy can remain on your credit history anywhere from six to 10 years. This means that you will most likely not be able to, on your own, obtain credit in any form; credit cards or lines of credit, car loans, mortgages, cell phones — you name it. A bank account is the extent of what you will most likely qualify for.

**What are my options?**

If you've exhausted all other options, it's a good idea to speak with a credit counsellor. Credit Counselling Canada (creditcounsellingcanada.ca) is a non-profit agency that offers free and confidential counselling. With a counsellor you will be able to review your current financial situation, explore options and find the best solution to your situation.

**How can I work my way back from bankruptcy?**

The first step is to change your spending habits. It's time for a complete overhaul to your financial life. You need to start living within your means, paying off that debt and putting money away for an emergency savings. And keep your eyes on the prize: Create a plan and make a vision board to map out where you need to go and how you are going to get there.

**How can I avoid bankruptcy altogether?**

To avoid having to go down the bankruptcy road you want to avoid the vicious cycle of debt. Pay all your bills in full or at least make more then the minimum payment, stay on top of your loans if you have any, start living within your means and begin to follow a spending plan. If you start to fall behind on bill payments, call your creditors and make a plan.

Visit smartcookies.com for more on creating a spending plan, cutting debt and keeping your credit score high. If you have questions or suggestions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

## Investing

**Allan Small**

What makes a good financial adviser? Read this week's column at metronews.ca

## RRSPs right for everyone?

MoneyMatters

**Henry Choo Chong**
choochonghcga@yahoo.ca

**Q I am in my late 20s. I have never contributed to a Registered Retirement Savings Plan. This past December, I received a large bonus. I was advised to move all of it into a RRSP. Can I, or better yet, should I? Graham**

A 'Tis the season for RRSPs. You cannot escape the media hype that overwhelms our radio waves, television screens and billboards with ads and promotions that encourage individuals to buy RRSPs. Is this a bad thing?

Not necessarily so! Some individuals need the persuasion, encouragement, or motivation to save for their retirement.

This year will be more challenging than the past for financial institutions to get your RRSP dollar. Many RRSP holders have sat helplessly as their retirement nest continues a downward trajectory.

Regular contributors should focus not on "if" they should buy RRSPs but the type of investments they hold. Not many investors have experienced several years of a no-growth stock market. Diversification maybe key in this market.

Before contributing, determine if this money is for retirement or use in a year or two. The new Tax Free Savings account (TFSA) may suffice. Contact you financial adviser and get some feedback.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca or 416-489-7800, ext. 227.

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**Debt-management tip**
Consolidate your debt by rolling all of your payments into one. It makes setting up an automatic monthly or biweekly payment much easier. **NEWS CANADA**

# Financial Planning

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

## Realistic goals key to creating budget

**ERIC EMIN WOOD**
for Metro Canada

**Remember to set some extra money aside while paying down debt, experts advise.**

As Canadians' savings remain adrift in the economic doldrums, now might be a good time to revisit the B-word: Budget.

"Budgeting used to be a four-letter word," says Julie Jaggernath, director of education at the Credit Counselling Society of Canada. "We encourage that word to be 'plan,' but lots of people had other four-letter words for it. It's water-cooler talk again, so that's an encouraging sign."

When creating a budget, the most important step is to set a goal that's realistic. "Think about a budget like a diet," says Laurie Campbell, executive director of Credit Canada. "You know how you always get people, especially at the beginning of January, saying, 'Oh, I'm going to lose 100 pounds within the next year?' It's not realistic. And because it's not realistic, they get turned off, and stop dieting or throw away their goal."

Next, says Jaggernath, make a list of your monthly earnings and expenses. "What are you bringing in, what do you need to buy?" she says. "One thing we often tell clients is you can have a lot of things that you want, (but) you can't have everything you want."

Include yearly expenses, "things like your Costco membership, your kid's dance lessons, haircuts, holiday spending," which Jaggernath says many Canadians tend to forget.

Give yourself some flexibility in your budget, says Campbell. "Let's say you buy your lunch every day at work," she says, "and you look at your budget and think, 'I can't afford to spend $7 a day at work.'"

Campbell's suggestion: Bring your lunch three days a week and eat out twice. "If you have to bring your lunch five days a week when you're used to eating out every day, chances are after two weeks you're going to (say), 'Screw this, I hate it,'" she says.

Remember to set aside some extra money while paying down debt, says Jaggernath. Otherwise, hard work can fly out the window during an emergency, "whether it's a wedding or the roof goes," she says.

Finally, don't discount the role of good old-fashioned common sense. "Don't go grocery shopping on an empty stomach," says Jaggernath. "Separate business and personal finances if you're running a business. And recognize how far-reaching financial difficulty can be."

Visit creditcanada.com for more information.

**Now is the time to implement a spending freeze on everything you don't need, says Robert Abboud, certified financial planner.**

## Time to save for future

**BRIAN TOWIE**
brian.towie@metronews.ca

**Hopefully, you've been diligent in putting away a little something for a rainy day, because when it rains, it pours.**

Layoffs and pay cuts make up some of the many challenges Canadians face during the current economic downturn, but many haven't changed their bad spending habits. An RBC poll released in May 2008, found that 43 per cent of Canadians are maintaining their spending habits, while 20 per cent spend even more. Eighty-three per cent said they don't save as much as they would like, and 55 per cent have only one month of expenses set aside, while 24 per cent have three months of worth set aside.

The holidays were no exception, with national spending up nine per cent over the period, according to Robert Abboud, an Ottawa-based certified financial planner at Wealth Strategies. He adds that the economy has lived on borrowed time for years, and now the proverbial chickens have come home to roost.

"The party's over. It has been 17 years since our last recession. Time to snap into it, man, the reality has hit," he said. "Canadians have to wake up and say, 'OK, if I don't have any income for the next three to six months, what am I going to do?' And if the answer is, 'I couldn't survive,' you're in trouble."

While you're still gainfully employed — and most Canadians still are — now is the time to prepare for the worst, Abboud said. Pay down your high-interest credit cards and implement a spending freeze on everything you know you don't need.

> **"Credit cards are not viable backups if you have no job."**
> Robert Abboud

You may want to earmark some cash for an emergency cushion of at least six months — not an easy target, according to Abboud, who notes it takes two to six weeks for employment insurance to arrive, and even then, it may not match your salary. If you're financially disciplined and you feel the need, you can apply for a line of credit with your bank, which is virtually impossible to do if you've lost your job.

"You want to prepare by paying down debt and building up cash," Abboud said. "But from a savings perspective, it's a great time to be either continuing your monthly savings plan or starting one up, especially if you have job security."

The times don't bode well for those prone to use plastic, as many still do. The RBC study found 65 per cent of those polled view credit cards or lines of credit as an emergency backup — a disturbing number, according to Abboud.

"Goodness gracious," he said. "Credit cards are not viable backups if you have no job. A line of credit is the worst that you should do. It might have a seven or eight per cent interest rate, certainly not 18 to 26 as a credit card might. People need to stop thinking about the plastic and start thinking about the cold hard cash."

**Investing tip**
Don't expect to get wealthy overnight. Investing is about doing the smartest thing with your money for the best returns. Your portfolio can be allocated aggressively, but risk must be assessed with continuing careful analysis. **NEWS CANADA**

## Financial Planning

# When looking for investment adviser, beware of those who have scripted answers: Expert

**RAFAEL BRUSILOW**
for Metro Canada

Picking the right investment adviser can be the difference between watching your money grow and seeing it circle the drain.

Tom Hamza, president of non-profit organization Investor Education Fund, which promotes investor and financial literacy, says to beware of advisers who have scripted answers and who try to sell you on lesser products their own company sells. Look for advisers who can offer a wide range of products.

Once you've found an adviser, don't just dump your money and sit back — you have to take an active role.

"You have to question what (advisers) are doing and you have to hold the results they're giving you to the fire," Hamza said.

While times are tough, Hamza says investing can be a great chance to pick up some bargains. "Markets are down and things are cheaper than they were. Are they going to go up in the long run? Statistically, yes, they always do. There's no reason to think humanity has stopped progressing economically," he said.

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**Brother of Pedroia charged with molestation**

The older brother of AL MVP Dustin Pedroia of the Red Sox is facing child molestation charges. California police say 30-year-old Brett Pedroia was booked Jan. 9 on two counts of oral copulation and lewd acts with a child under age 14. He was released on $50,000 US bail and a court hearing was set for Feb. 4. THE ASSOCIATED PRESS

# Sports

***"Back in 2004, at first Rodriguez did his best to try and fit into the Yankee culture – his cloying, B Grade actor best."***

**Excerpt on Alex Rodriguez from Yankee Years, the upcoming book co-written by former New York Yankees manager Joe Torre and SI.com writer Tom Verducci.** SOURCE: ESPN

JOHN.CHICK@METRONEWS.CA

## Sports in brief

**SOCCER** AC Milan coach Carlo Ancelotti hopes David Beckham can stay at the Serie A club beyond his short-term contract, which expires in March. The England midfielder scored his first goal for AC Milan on Sunday in the team's 4-1 victory over Bologna. Beckham, who is on a three-month loan from the Los Angeles Galaxy, is due to return to Major League Soccer on March 9. METRO NEWS SERVICES

# Tennis at Jane and Finch

**Though the pros are currently on display at the Australian Open, every Sunday the children in the Jane-Finch Community Tennis League eagerly summon their inner champion with pint-sized racquets, spongy balls and a steely commitment.**

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Eight year-old Samantha Ho participates in the Jane-Finch Community Tennis League on Sunday.

"If we weren't doing this, we'd just be bored at home because there are no other activities around," said Mithura Thasan, a seven-year-old who, with her brother Miduran, 9, play in the team tennis program at Tennis Canada's indoor Centre of Excellence.

"We have great teachers here, I've made some new friends and you can help each other win."

Helping each other win, breaking a sweat and making new friends are, perhaps, the obvious benefits of the 140-player league for 7- to 14-year-olds.

However, another reason Tennis Canada, local school, civic and parent representatives created this hands-on, community-run initiative in 2006 was to provide a safe recreational option in a troubled neighbourhood.

An unpleasant reality in the Jane-Finch quadrant is that gangs, guns, death and drugs too often make headlines when residents clash with each other and police.

Yet another truth is this same area is brimming with the promise and potential of youth, aided by parents determined to make a difference in their own backyards. But tennis?

How does a sport with roots in snooty white country clubs engage a largely non-white population? The Rexall Centre is only steps away from the massive San Romanoway apartment complex at Jane and Shoreham, but most residents had never set foot in the nation's tennis temple.

"In the beginning, I thought this might not work out because a lot of kids haven't been exposed to tennis before," said league convenor Tamasha Grant, a City of Toronto parks and recreation employee.

"At first, when we tried to get kids involved, there was still that stigma attached to tennis: They (thought they) had to be rich ... so we really had to break down that barrier for a lot of these kids."

It's also affordable. The entire winter session costs about $20 and includes a racquet that players keep.

TORSTAR NEWS SERVICE

## Raptors Jose brings smiles to Sick Kids

TONY BOCK/TORSTAR NEWS SERVICE

Eleven year-old Walter Acosta shakes hands with Jose Calderon after a game of hockey yesterday as the Raptors visited The Hospital for Sick Children.

**Super Bowl a safe zone**
The NFL says Tampa's Raymond James Stadium will be one of the safest places to be in the U.S. when the Super Bowl is played Sunday. The FBI, Customs and Border Protection and numerous other federal agencies will assist local police in protecting players and fans. At least 20 different federal agencies will be involved. THE ASSOCIATED PRESS



# CFL reject Berry leading the Cards' D

NFL
Super Bowl XLIII

It happens, oh, every 20 years or so. A player joins a CFL team, stinks, gets released, is waived through the league and becomes an NFL star.

Take Bertrand Berry, for example. At 33, Berry is largely responsible for his team's stunning ascent to Sunday's Super Bowl.

There are no ifs, ands or buts about this. Were it not for his team-high seven sacks and exceptional efforts at defensive end, the Arizona Cardinals would not be in Tampa Bay this week preparing to face the Pittsburgh Steelers for NFL supremacy.

It's bizarre, frankly, since the Edmonton Eskimos soured on Berry after a mere two games in 2000. In eight quarters, Berry recorded one tackle and no sacks.

In the inferior CFL, he was both inconspicuous and incompetent. So into the scrap heap he was dumped, practically penniless, deemed a has-been and a never-was simultaneously.

And, yet, for the past four seasons, Berry has terrorized NFL opponents and the Cards rewarded him with a five-year contract worth $25 million US.

"I remember him disliking Edmonton," said Berry's agent, Greg Williams, "but I'm also sure his time there motivated him. He wanted so badly to make it in the NFL."

He has. Big time. He's a discard leading the Cards' defence and wise NFL observers suggest Arizona can't prevail Sunday if Berry turns in a lemon.

• Canada's professional football championship will be decided on Albertan grounds the next two seasons. I'm told the CFL will announce formally within a week or so that Edmonton has been awarded the 2010 Grey Cup game. This year's Cup will be played in Calgary ... the Oakland Raiders plan to hire a new offensive co-ordinator soon, and atop their wish list is Marc Trestman, who led the Alouettes to the Grey Cup game in Montreal last November in his one and only season as a CFL head coach ... Als quarterback Anthony Calvillo, the CFL's premier player last season, is eligible for free agency Feb. 16 and will decide shortly whether to re-sign with the Als or retire. If Trestman jumps to Oakland, Calvillo might retire after 15 CFL seasons ... Grey Cup ticket prices have risen dramatically. They ranged from $84 to $274 in Montreal. They will cost between $195 and $370 in Calgary this year. "I don't think this (is an issue)," said Calgary Stampeders president Scott Ackles, who may or may not know there's a recession ... Don't be surprised if ex-Winnipeg head coach Doug Berry joins the Esks soon as offensive co-ordinator ... Ex-Toronto Argonauts head coach Gary Etcheverry is the Saskatchewan Roughriders' new defensive co-ordinator ... Stamps scout John Murphy is the Blue Bombers' new general manager.

• In baseball, ex-Blue Jays superstar Roberto Alomar will join Toronto's spring training staff and will coach infielders. Alomar hopes to follow in the footsteps of his father, Sandy Alomar Sr., and become a full-time coach. And the Minnesota Twins are close to signing Canadian Eric Gagne as a setup man for closer Joe Nathan.

YorkReport

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Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

ROSS D. FRANKLIN/THE ASSOCIATED PRESS
Capt. Bruce Meyer holds an Arizona Cardinals flag as the team plane arrives in Tampa yesterday.

## Lots of 'za

• Papa John's in the U.S. expects to sell about a million pizzas Sunday. The company has calculated that a million pizzas lined up side by side would cover the distance from Phoenix to Tampa 13 times and from Pittsburgh to Tampa eight times.

## Pettitte re-signs with Yankees

MLB Andy Pettitte and the Yankees agreed yesterday to a $5.5-million US, one-year contract that brings the left-hander back to New York. The veteran can make an additional $6.5 million in bonuses and incentives. The deal raised the Yankees' projected opening-day payroll to $196.8 million for 17 players with agreements.

## Two minor league deals for Jays

MLB The Blue Jays signed outfielder Jason Lane and infielder Brandon Fahey to minor-league deals yesterday and invited both to spring training. Lane, 32, appeared in 110 games between Triple-A Scranton and Pawtucket last season. Fahey, 28, posted a .226 average with nine doubles and 12 RBIs in 58 games last year with Baltimore.
THE CANADIAN PRESS

For more sports coverage, visit us online at www.metronews.ca/sports

# One-off for Pogge

**The assessment of goaltender Justin Pogge's future with the Maple Leafs is about to begin in earnest.**

Pogge, long viewed as Toronto's top prospect, was called up from the Marlies yesterday. He will start in net tonight when the Leafs play in Minnesota.

In an odd twist, however, no matter how the 22-year-old performs, the decision has already been made to immediately return him to the AHL after the game.

Coach Ron Wilson said Pogge will be called up periodically between now and the end of the season to play games he has penciled in for the young netminder.

Wilson said Pogge will play "enough to know whether he's an NHL goaltender or not."

Pogge has played one previous NHL game, a 6-2 win over Atlanta in which he made 19 saves.

"Things are just starting to come together I guess," said Pogge, who struggled earlier in the season with the Marlies.
TORSTAR NEWS SERVICE

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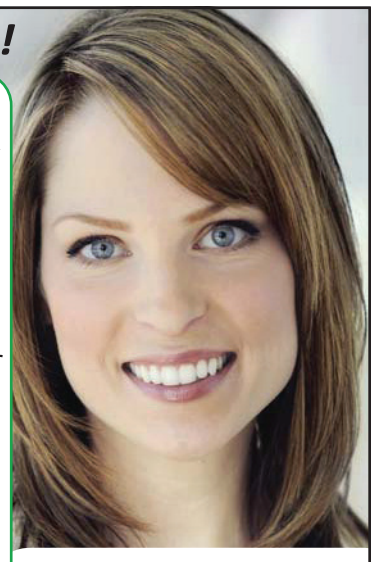
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# Workology

## Reduced enrolment at York?

**York University may trim its intake of first-year students after preliminary data from the Ontario Universities' Application Centre shows first-choice applications to York dropped nearly 15 per cent from last year. Usually the second-most-preferred university among Ontario applicants, York slipped to fourth place behind the University of Toronto, Ryerson University, and the University of Western Ontario.** METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

RAFAEL BRUSILOW/FOR METRO CANADA

Detective Sergeant Savas Kyriacou has investigated more than 60 homicides and suspicious deaths for the Toronto Police Services. He opened up to Metro about the "honour ... of speaking for the deceased."

# Homicide: Life on the street

**Curtain Call**

RAFAEL BRUSILOW
for Metro Canada

**When criminals commit murder, Det. Sgt. Savas Kyriacou leaves no stone unturned.**

A veteran of dealing with Toronto's darker side, Kyriacou has investigated more than 60 homicides and suspicious deaths in his nine-year career as a homicide investigator with the Toronto Police. In a field where the average career lasts only four years, Kyriacou's profound sense of duty motivates him to keep pursuing justice for the deceased.

"There's no greater responsibility and no greater challenge than to investigate the murder of a human being. The responsibility is enormous and the margin for error is zero. It's also an honour because you're speaking for the deceased," Kyriacou said.

Kyriacou is no stranger to working on cases under intense media coverage either — he just completed an investigation into the murder of Jane Creba on Dec. 26, 2005. Creba, just 15 at the time, had been crossing the street in downtown Toronto when she was caught in the crossfire between two gangs in a murder case that shocked the city. The first trial in that case resulted in a guilty verdict and second-degree murder conviction early December.

The satisfaction of securing a conviction, sometimes after years of hard work, still inspires Kyriacou to work even harder.

"I'm still as passionate about my work as I was 26 years ago when I became a police officer on the street," Kyriacou said.

**"There's no greater responsibility and no greater challenge than to investigate the murder of a human being."**
Det. Sgt. Savas Kyriacou

Besides the tough schedule, which can see detectives like Kyriacou working seven-day work weeks at the start of an investigation, the stress and emotional toll can get to some people.

"You see some of the most horrendous crime scenes anyone can imagine — not even TV can match it. You have to have the experience and the personality to handle those kinds of situations," Kyriacou said.

And unlike the whirlwind-pace of investigations often portrayed on TV, Kyriacou insists real detective work takes time, patience and diligence, even long after an arrest has been made.

"We're out pounding the pavement doing old-fashioned police work. Just because you make an arrest in a case doesn't mean the investigation is over," Kyriacou said.

He insists collaboration with forensics, other police branches and even the community itself is crucial to solving a case as well.

Alongside tried and true methods of interviewing witnesses and tracking leads, Kyriacou says modern homicide detectives frequently have to think outside the box to investigate effectively.

"Investigations have to become more creative because criminals are becoming more creative. We rely on YouTube, we rely on Facebook. We'll use techniques that are not traditional as long as they're legal and supported by the criminal code," Kyriacou said.

"I go into every investigation with an open mind. When you think you've seen everything, something always crops up that shocks you or surprises you," he said.

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# Just another day in the morgue

**Curtain Call**

NOELLE MUNARETTO
for Metro Canada

Along with pathologists and toxicologists, Ontario coroners play a key part in ensuring that certain deaths in the province are thoroughly examined.

**Dr. Jim Edwards is standing beside a block of metal morgue refrigerators watching an assistant slide a white body bag out of the chilly unit.**

For Edwards, the regional supervising coroner for Toronto East, being this close to a shrouded corpse is just another day at the office.

"It's really interesting to figure out why people die," he muses.

Along with pathologists and toxicologists, Ontario coroners play a key part in ensuring that certain deaths in the province are thoroughly examined.

"Our role is to investigate deaths, to determine the facts of that death and to determine public safety issues that arise from those deaths," Edwards says, adding that around 25 per cent of the roughly 80,000 deaths in Ontario last year were investigated by coroners.

Though coroners are automatically called in when a death occurs during childbirth or in custody, depending on the incident they can also be summoned by doctors, police or even members of the public.

"We investigate all unnatural deaths and natural deaths that are considered to be unexpected," he says.

Edwards began his career in medicine as an emergency room doctor where he dealt with crime-related traumas. When a colleague described what coroner work entailed, Edwards liked what he heard and applied to become an investigating coroner.

"I just really enjoyed doing investigations," he says. "It's challenging and different."

Most people who apply to be coroners in Ontario are registered physicians who want to take on the duties alongside their original practice. However, Edwards also works with coroners who have backgrounds in law and psychiatry. Once interviewed and selected to fill a vacancy at the Coroners Office, they receive additional training in the principles of death investigation.

Coroners-in-training study the principles of the Coroners Act, how to conduct autopsies, and other legal and bureaucratic aspects of the career. Upon completing the course, they work with law enforcement officials and other forensic specialists to conduct investigations.

"It shows that there is a multidisciplinary approach to death investigation," says Edwards. "There are a whole bunch of people interacting to get the results you need."

These results usually take the form of public safety recommendations. By carrying out investigations and launching formal inquiries, coroners not only help solve crimes but they also help educate society about how to prevent similar deaths in the future.

"We speak for the dead to protect and change," says Edwards.

One of the main projects Edwards has taken on as a supervising coroner involves researching how organs can be collected from corpses to use for organ donation.

"The benefit is so huge because each of these organs is going out there to a person in the community," he says.

Even though Edwards often works 50-hour weeks, is on-call, and has been exposed to emotionally stressful cases like the SARS outbreak, he maintains that being a coroner is one of the most fascinating jobs out there.

"I enjoy my work," he says. "Death is a fact of life. I don't really get tired of it."

> **"I enjoy my work. Death is a fact of life. I don't really get tired of it."**
> Coroner Dr. Jim Edwards

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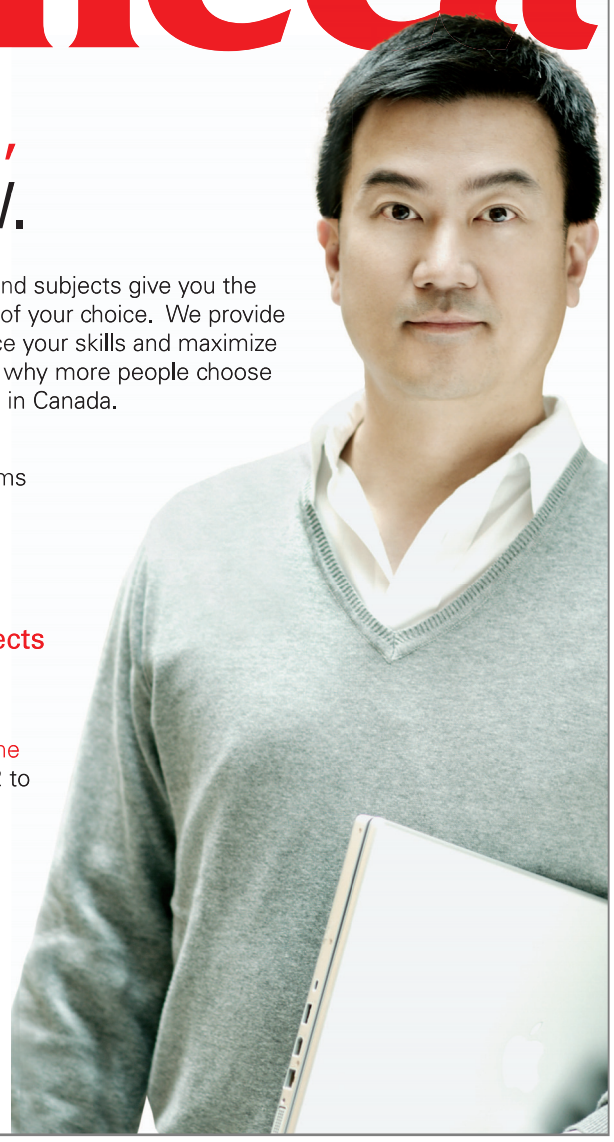

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# Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

# Relief, period

## New birth control pill Yaz can reduce common menstrual symptoms

CELIA MILNE
for Metro Canada

**Gen Y women want more than just the pill. They want to feel fine, which is why some are turning to Yaz, a new birth control pill that may help women feel better during their period.**

Recently approved by Health Canada, Yaz is a combination birth control pill that contains both an estrogen and a progestin.

It is essentially a low-dose oral contraceptive that offers a shorter hormone-withdrawal phase than other pills. While traditional pills provide 21 days of active hormone followed by seven days of placebo (21/7), the Yaz regimen is 24/4. The shorter time without estrogen can reduce symptoms such as headaches, cramps, bloating and breast tenderness.

"I would say the vast majority of women do have symptoms," Dr. Vivien Brown, a family doctor in central Toronto, told Metro. "As a family doctor, in my office I often see women who have missed work or school because their periods are very intense and uncomfortable."

**"As a family doctor ... I often see women who have missed work or school because their periods are very intense and uncomfortable."**
Dr. Vivien Brown, a Toronto family doctor

Yaz provides only four days off estrogen, so there are fewer symptoms of withdrawal. While the number of days taking estrogen is greater with Yaz (24 versus 21 in traditional pills), the overall dose is smaller than with most pills, says Brown. "For the average women, this is a great choice. For some women, it is a wonderful choice," she says.

According to a survey by Harris/Decima, this is exactly what 77 per cent of young women (age 16 to 22) want in a pill: Safe birth control plus a reduction of symptoms they get around the time of their period — menstrual cramps, headaches and sore breasts.

Another bonus is that Yaz contains a special progestin called drospirenone (DRSP) which reduces signs of acne. While all birth control pills do this, "Yaz does this particularly well because of the progestin in it," says Brown.

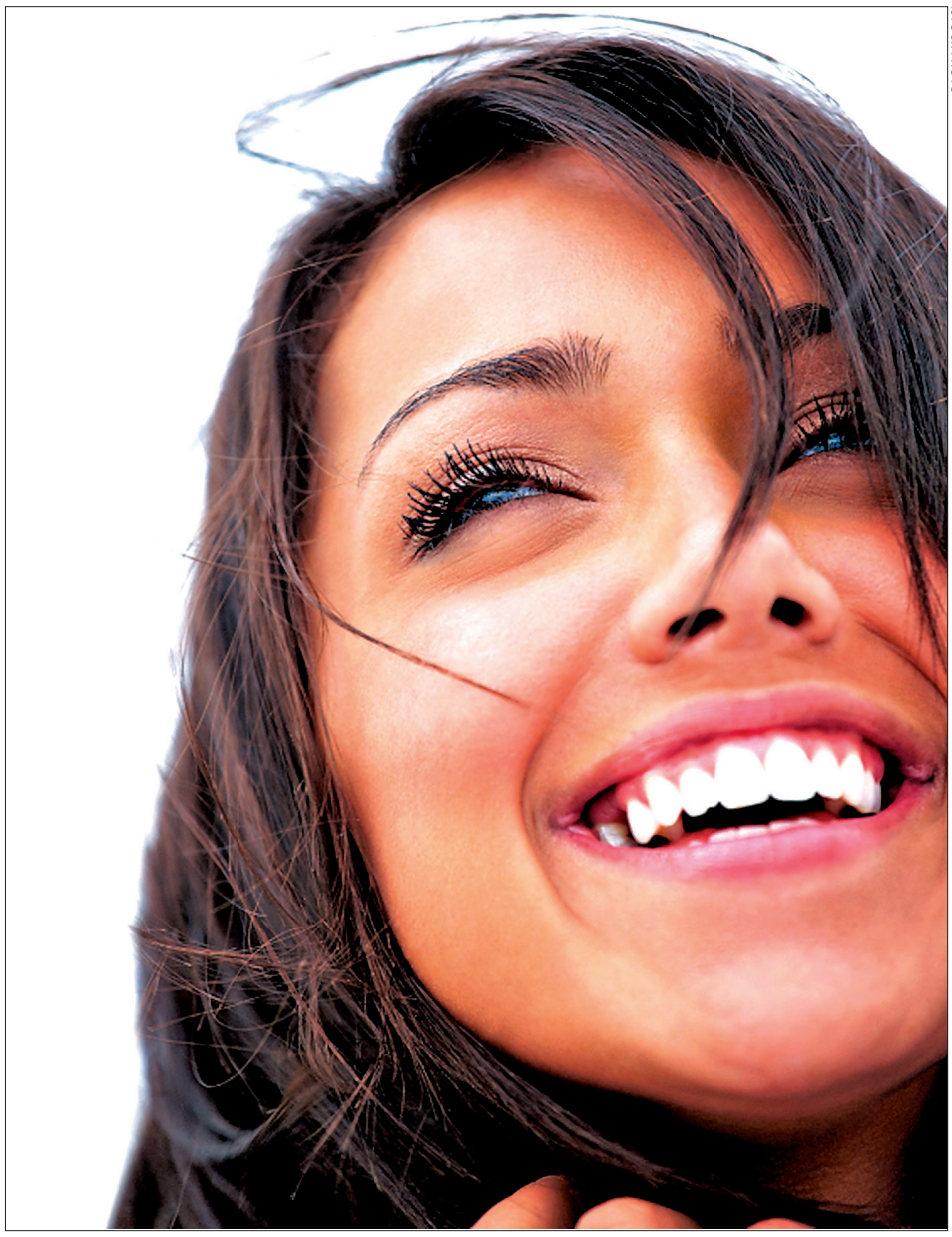
Yaz has been available in the U.S. for several years.

*Talk to your doctor to see if Yaz might be right for you.*

### Yaz benefits

Like other birth control pills, Yaz may reduce the risk of:
- noncancerous breast cysts or lumps
- ectopic pregnancy
- endometrial and ovarian cancer.

SOURCE: YAZ-US.COM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Yaz birth control pills offer women a shorter hormone-withdrawl phase (of estrogen), which can reduce symptoms such as headaches, cramps, bloating and breast tenderness.

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# Flip, fluff & fly

## The latest tools can get you out the door fast — and keep your hair in top condition

**JENNIFER MASSEAU**
for Metro Canada

**SPEEDY AND SLEEK**
**Toni&Guy 1" Super Sleek Tourmaline Straightener, $70**
The ultra-slim design of this straightening iron makes it ideal for short hair or bangs. It reaches close to the roots easily, reducing the risk of scalp burns. It's built for speed, too: Tourmaline-coated ceramic plates heat up to 220°C in seconds, and the sleek, lightweight frame glides through hair.

**SMALL BUT MIGHTY**
**Babyliss Pro Compact Nano Titanium Hairdryer, $100**
It may measure only six inches (15 cm) from end to end and weigh a mere 14 ounces, but this petite blow-dryer packs 1,750 watts of big power. The internal heating grill is infused with nano titanium (a high-density metal with good thermal conductivity) and ceramic for speedy drying time, while an embedded ion generator reduces frizz and pumps up shine. Bonus: The ergonomic handle and light weight reduce wrist strain.

**FLAKE FIGHTER**
**Goody Styling Therapy Reduce Dandruff Copper Infused Styler Brush, $15**
For healthy hair, start at the roots. According to Goody, copper is a natural bactericide, and the copper-plated bristles on this brush kill up to 88 per cent of the bacteria and fungus that cause dandruff.

**GOLDEN TOUCH**
**Vidal Sassoon Answers 1" 24K Gold Plated Fine Hair Styling Iron, $21.**
This curling iron is designed to help fine hair hold curls. (Delicate, fine hair actually needs higher heat to set curls that won't fall flat.) The barrel's coating contains gold for direct, efficient heat, and it has adjustable temperature settings. The result is long-lasting curls with bounce.

**besthealthmag.ca**
Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca

## All about ions

- Dirt and odours create positively charged ion molecules in hair, which make it dull, according to research by Dannyco, a leading haircare appliances distributor. Negative ions counter these, helping to rid hair of impurities.
- Tourmaline, a semiprecious gemstone used for ceramic plates and coatings of many styling appliances, naturally emits negative ions.
- Another method is a negative-ion-generating microchip, used in blow-dryers. The benefits of negative ions: Smoother, cleaner hair; reduced static and faster drying time. **BEST HEALTH MAGAZINE**

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Tackle blackheads and whiteheads with Sephora's new three-in-one Extractor, $26. Its flat loop can be used to remove blackheads while the lancet and extractor are used to to prick the whitehead surface then remove them. METRO NEWS SERVICE

# Both parties add to breakdown

I want back the diamond necklace I gave you, all the love letters, oh, and my kidney please. Definitely not your typical divorce settlement item, but sure enough, Dr. Richard Batista, a Long Island, NY, surgeon wants his ex-wife to return the kidney he donated to her back in 2001. But he'll settle for $1.5 million in compensation instead. Big of him.

Batista alleged his wife began having an affair 18 months to two years after the transplant. She filed for divorce in 2005 and the settlement has been dragging on ever since. He says it's gotten so bad that he's been prevented from seeing their three young children for months at a time. That's why he took his case with his ex and his ex-kidney, public.

Divorce revenge is unfortunately common. Most people opt for simple things like smashing their ex's car, running up their credit card or posting naked pictures of them on the Internet. But giving your wife your kidney to save her life, one of the most loving, intimate acts one could imagine, and then wanting compensation for it in the divorce settlement tops the bunch.

**I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea.**

I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea. Beyond the initial rush, it ultimately doesn't make you feel any better and it shoots your karma all to heck.

Nevermind the example you set for your kids: 'Hey kids, if you love someone enough, you'd give them anything, even your own kidney but if they hurt you, be sure and squeeze everything you can out of them, including body organs, even if it might mean they'll die.'

And of course I don't condone cheating, but unless there's some kind of mutual agreement that outside action is okay, if you're absolutely happy in your relationship, who cheats? Obviously, on some level, this was not a happy relationship. Whether we choose to admit it or not, both parties contribute to a marriage breakdown. The blame may not be 50/50, but focusing on the math won't solve the problem.

Divorce revenge is common, but one recent case where a man is asking for compensation for a kidney he gave his ex-wife tops the bunch, says our columnist.

Granted, whatever causes a split, you've shared a life together, and things should be fairly split when you, well, split. But, as far as I'm concerned, everyone should at least leave the table with all the body parts they showed up with.

Not surprisingly, Batista's case isn't expected to succeed.

Imagine if it did. What's next? 'I paid for your breast implants; I want the money or the sacs of goo in your boobs.'

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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# The first step to a healthy weight loss

## Part 7

## How can you lose weight if you can't eliminate...

***Causes of constipation:***
As previously mentioned in our last chronicle, the causes of constipation are linked to such factors as physical inactivity, a poor diet, repressed emotions or a behaviour that has been developed over the years.
Some medications, such as the antixiolytics, anti-depressants, anti-inflammatories and many other drugs, may be a cause of constipation problems.
***Your constipation history (suite)***
***At work:***
In many factories, when you asked the foreman for permission to go to the washroom, you were often told to wait until the next break.
***Going to conferences or on vacation:***
Many people who go to conferences or set out on their vacations literally leave their bowels at home!
How incredible is that?
**Are you fed up with feeling bloated and having a hard belly?**
**If so, here are a few tips that may well make a difference.**
***Habits:***
Every morning, go to the washroom at the same time, even if this means using a small suppository to help.
***Diet:***
We cannot overemphasize the importance of the dietary fibres found in foods of vegetable origin, such as fruits, vegetables, legumes, whole cereals, nuts and grains.
***Liquids:***
Too often we forget to drink our six to eight glasses of water a day.
Try this little trick: fill a 1.5-litre bottle with water and drink it every day.
Some herbal teas also count towards your water intake requirement and at the same time provide the benefits associated with their particular ingredients.

***To be continued on January 29th...***

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# Empty nest, happy couple

CELIA MILNE
for Metro Canada

**Empty nesters aren't sitting alone at home twiddling their thumbs and waiting for their kids to call. They're enjoying their mates more.**

University of Berkeley psychologists tracked the marital satisfaction of a group of women over 18 years. Their results show that "empty nest syndrome" — where people whose kids have left home suffer from loneliness and depression — is not all-pervasive. In fact, happiness in their marriages actually increased as women got older.

It wasn't that women didn't love their kids, it's just that they enjoyed quality time with their husbands once the kids left.

Sara Gorchoff, one of the psychologists, was quick to point out that this doesn't mean all children should be sent away to boarding school for the sake of their parents' marriage. Rather, she said, "This research does suggest that women should not wait until their children leave home to schedule enjoyable time with their partners."

**A recent study showed that happiness in women's marriages increased as they got older.**

# Nutrient diligence for vegetarian kids

**DIET** Children who want to be vegetarians need to "fill in the blanks" of their low-protein diets by eating alternatives to red meat, fish and poultry, experts say.

Good examples are soybeans, fortified soy milk and nuts. Those are important sources of the protein, iron, zinc, calcium and vitamin D that most kids get from meat.

Nutritional yeast — which has a cheesy flavour — has the much-needed vitamin B12. And flaxseed is good for linolenic acid.

Vegetarian children who eat eggs and dairy products will most likely get all the nutrition they need. But those who become vegan — abstaining from dairy — need to be more diligent, said Dr. David Ludwig of Children's Hospital Boston, a specialist in pediatric nutrition.

**Good protein alternatives to meat and fish for vegetarian kids are soybeans (pictured), soy milk and nuts.**

"It really requires much more attention to avoid nutrient deficiencies," Ludwig said.

Children can start on a vegetarian diet from birth, said Sarah Krieger, a spokeswoman for the American Dietetic Association who is a registered dietitian at All Children's Hospital in St. Petersburg, Fla.

Breast milk or an iron-fortified formula are necessary in the first six months, she said, adding that soy-based formula is an option.

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**Study examines genetic link to asthma and allergies**
For every three Canadian kids, one will have asthma and/or allergies. To determine genetic factors, the Canadian Healthy Infant Longitudinal Development study is following the pregnancies of 5,000 women, and analyzing blood and DNA samples of their kids. **BEST HEALTH MAGAZINE**

# Poorer kids at risk for stunted growth: Study

**Poor kids not only receive the short end at the dinner table, they are also at greater risk of being shorter than their richer peers, new research indicates.**

One of the Universite de Montreal study's authors said stunted growth is often an indicator of low economic status and an industrialized nation like Canada should be doing more for its children.

"This is an investment in the future," said Louise Seguin, a professor at the Universite de Montreal's department of social and preventative medicine.

"Those children are not only the children of their parents, they're children for the future of the whole society."

Researchers asked 1,929 Quebec mothers — when their kids reached the age of two-and-half and four-years-old — for their child's height and economic situation.

Mothers revealed whether financial constraints had ever forced them to cut back on providing basic needs for their child, including food, housing, heating, clothing, medication and transportation.

The study discovered that poorer children didn't measure up — literally — to their wealthier comrades, regardless of the mother's own height or education level.

"What we show is (that) if there is long-term poverty — for two years or more — there's a clear risk of growth retardation," said Seguin, whose research was published in the January edition of the Journal of Epidemiology and Community Health.

She said poverty often creates health hazards such as malnutrition, developmental problems and stress.

## growing up poor

- Campaign 2000, an anti-poverty coalition, released a report card in November that suggests at least 760,000 Canadian kids – about one in nine – are growing up poor.

THE CANADIAN PRESS

"Chronic stress has an impact directly on the whole metabolism of the body, and the possibility of the body to grow," she said.

"So, it's a mix of many different elements that come with poverty . . . that can affect the child's growth."

Seguin also said that being short can establish psychological hurdles.

"It has been shown that people who are short can be discriminated against," she said. "We observe that they have less social mobility."

American researchers have examined the relationship between height and the economic situation of children before, but this is the first study to look at more than just the basic family income numbers, she said.

Seguin also said this was the first time the link was measured in Canada, which has more social programs aimed at improving the health of children than in the United States.

But she said benefits, such as universal health care and Quebec's subsidized daycares, are not always enough.

"We believe that even though Quebec is doing more for their families with young children than other provinces are, there's still much that can be done to make sure that every child has an equal opportunity to grow and to develop the best they can," Seguin said.

THE CANADIAN PRESS

ISTOCK PHOTO

A recent Montreal study discovered that poorer children didn't measure up, literally, to their wealthier comrades.

# Sleep fights colds

## Efficient zzz's can protect against virus: Study

CELIA MILNE
for Metro Canada

Sleeping less than seven hours a night could leave you more prone to developing a cold.

**If you sleep less than seven hours a night, you're far more likely to develop a cold than those who slept eight hours or more.**

Even more powerful, if your sleep isn't "efficient," you are more likely to develop a cold. Sleep efficiency is the percentage of time you actually spend asleep while lying in bed. If you have less than 92 per cent efficiency, you're 5.5 times more likely to get a cold.

The study, conducted in Pittsburgh, involved 153 healthy men and women from age 21 to 55. For two weeks, they were asked to keep track of their sleep efficiency and length. They were given nasal drops infected with the cold virus. Thirty-five per cent of them developed a cold that was clinically detected and another 43 per cent had milder cold symptoms. Those who slept less than seven hours a night were almost three times more likely to develop a cold than those who slept eight hours or more.

Dysfunctional sleep is thought to have an effect on the body's ability — at the molecular level — to fight against an invader such as the cold virus.

The study was published in the Archives of Internal Medicine on Jan. 12.

www.newnordic.ca

NEW NORDIC

# The Man Who Made the Whole Town Lose Weight

**In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.**

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

### The 10-day diet

When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

"I recommended that customers follow the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

### 1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."

## MULBERRY - A BREAKTHROUGH!

For centuries, the Japanese culture, which is known for having a long life and a slim, healthy physique, has enjoyed the benefits of mulberry leaves. We now know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

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**Paul McCartney could be getting married again**
Former Beatle Sir Paul McCartney is reportedly set to propose to his girlfriend, New Yorker Nancy Shevall, now that her divorce has been finalized and McCartney's daughter, Stella McCartney, has given her seal of approval, the Daily Mirror is reporting. **METRO NEWS SERVICES**

# Entertainment

## Celeb stamps

**Australia has unveiled a new line of stamps featuring Oscar winners (and Aussies) Nicole Kidman, Russell Crowe, Cate Blanchett and Geoffrey Rush.**
INTOUCHWEEKLY.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

# Working man's dream

**BRYAN BORZYKOWSKI**
for Metro Canada

**You'll have to forgive Bruce Springsteen if it sounds like all he's talked about over the last eight years is George W. Bush. It's no secret that he detested the ex-president's policies and he campaigned vigorously for Barack Obama.**

While some people might be turned off by the Boss' politics, if anyone knows what middle-class America needs, it's this rugged rock star. The legendary guitar slinger has penned a plethora of tunes from the point of view of the down-on-your luck dude, or the guy traipsing along the open road. One of his earliest hits, Born To Run, was about disillusioned 20-something's in search of the American dream, while Outlaw Pete, the first track off his new album, Working on a Dream, talks about a run-down character who can't escape his past.

Throughout his 35-year career, Springsteen's championing of the little guy hasn't wavered. Though, with Obama now in office, it sounds like life for Springsteen's America could get a little easier.

"You spend 35 years singing your songs about a place. And you see that place in things that people are doing in their communities from city to city on a local basis. But you don't see it on a national level," he told the Guardian recently. "So you work under the assumption that you have some small thing that you can do about it … And then something happens that you didn't think you might see in your lifetime, which is that that country actually shows its face one night, on election night."

Getting to this point, where he can feel good about the state of his country, has been a tough slog. Not only has America come a long way, but his own career has too. After struggling to obtain commercial success in the early 70s, the Boss had huge hits with a number of albums, including The River and Born In the U.S.A.

Near the end of 80s and the early 90s, however, he divorced his wife, hooked up with current partner and bandmate Patti Scialfa, dissolved the E Street Band to scorn from fans, and two albums, Human Touch and Lucky Town, failed to resonate with his followers.

Although he won a Grammy for Streets of Philadelphia in 1994, a changing musical landscape and a growing family — he has two sons and a daughter — took Springsteen out of the spotlight for a number of years.

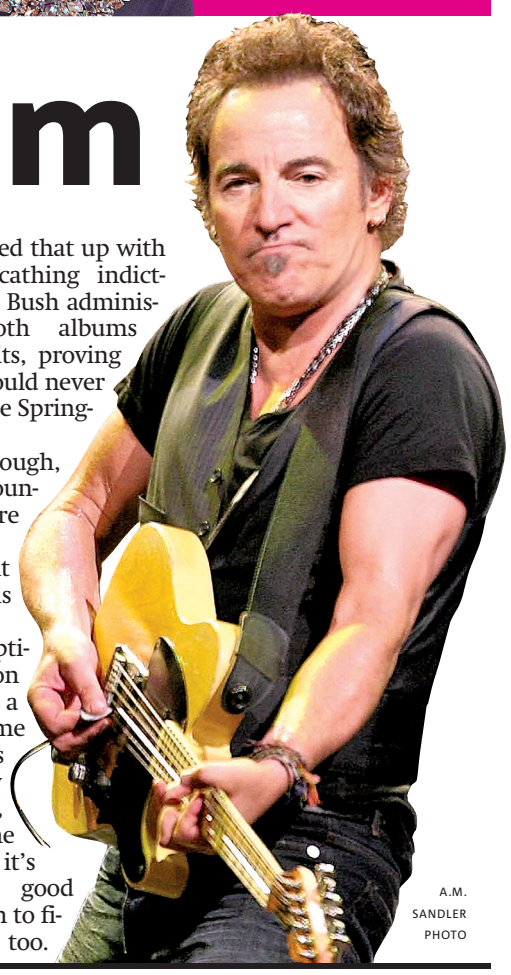
But no one can keep the Boss down, especially when America's hurting. In 2002 he teamed up with his old band and released The Rising, a raw collection of tunes that centred around the aftermath of 9/11.

He followed that up with Magic, a scathing indictment of the Bush administration. Both albums were big hits, proving that you should never piss off Bruce Springsteen.

Now, though, with his country's future seemingly on the right track, he is noticeably more optimistic on Working on a Dream. Some might miss the angry Springsteen, but as he nears 60, it's probably a good time for him to finally relax too.

### The new Boss

- Springsteen's new album Working On A Dream is available in stores starting today.



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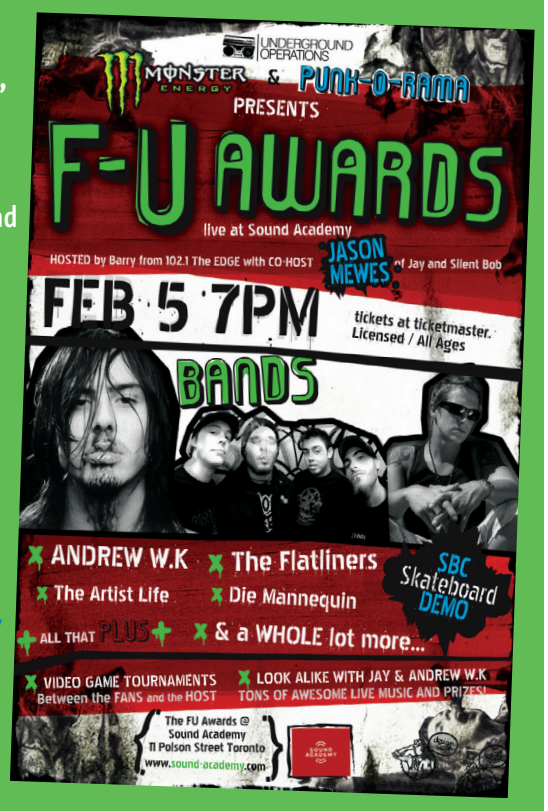


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**Vogue: Strike a pose**

Michelle Obama is rumoured to be gracing the cover of Vogue in the upcoming months. The First lady has already been hailed as a style icon and her outfit choices for the inauguration ceremony proved her fashion credentials. METRO NEWS SERVICES

## In brief

**PEOPLE** A lawyer for Zsa Zsa Gabor says the 91-year-old actress may have lost as much as $10 million invested with accused swindler Bernard Madoff. Chris Fields says forensics accountants looking into the missing millions believe they were invested with Madoff through a third-party money manager.

THE ASSOCIATED PRESS

## Man arrested in alleged plot

**A Bahamas paramedic was charged yesterday in an alleged scheme to extort $25 million US from John Travolta after his chronically ill son died of a seizure at the family's vacation home.**

Tarino Lightbourne, 47, pleaded not guilty to charges of attempting to extort and conspiracy to extort from the movie star.

Details of the alleged plot have not been made public but prosecutor Bernard Turner said it involved $25 million and said investigators are looking for a "certain document." Magistrate Carolita Bethel remanded the suspect to jail.

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# The new army of Amazing Racers

**Most contestants on The Amazing Race must tackle language barriers during their trek around the world. As the reality series' first-ever deaf contestant, Luke Adams had double the trouble.**

The 22-year-old recent college grad and his mother Margie are among the 11 two-person teams racing for the $1 million US prize in the upcoming 14th season.

Luke Adams

"I thought it would be easy because my mother and I have always communicated really well," the longtime Amazing Race fan, who doesn't speak or read lips, said through an interpreter. "In the airports, my mom had to do all of the work because she had to do all of the talking. It was kind of hard for me to depend on her to do all of that."

Brother-and-sister team Victor Jih, 35, and Tammy Jih, 26, both graduated from Stanford University and Harvard Law School and now work as corporate litigators in California.

"Having seven years of higher education under our belts, we thought it would give us a big advantage because we're good at learning," said Tammy.

Beginning at the Los Alamitos Joint Forces Training Base near Long Beach, Calif., the Emmy-winning CBS reality competition (premiering Feb. 15 at 8 p.m. EST) will follow the teams as they travel over 64,000 kilometres to nine countries, including Romania, Switzerland, India and Russia.

THE ASSOCIATED PRESS

### A quick look

**at the 11 teams on The Amazing Race:**

- **Mark Munoz** (48 years old, from Los Angeles. Occupation: Stuntman) and **Michael Munoz** (51 years old, from Maui, Hawaii. Occupation: Stuntman.) They are brothers.
- **Tammy Jih** (26, from San Francisco. Occupation: Lawyer) with **Victor Jih** (35, from Los Angeles. Occupation: Lawyer.) They are siblings.
- **LaKisha Hoffman** (28 years old, from New York. Occupation: Program co-ordinator) with **Jennifer Hoffman** (24 years old, from Louisville, Ky. Occupation: Marketing assistant.) They are sisters.
- **Christie Volkmer** (37 years old, from Choctaw, Okla. Occupation: Flight attendant) with **Jodi Wincheski** (40 years old, from Houston. Occupation: Flight attendant). They are both flight attendants.
- **Cara Rosenthal** (26 years old, from Boca Raton, Fla. Occupation: Law student) with **Jaime Edmondson** (29 years old, from Ft. Lauderdale, Fla. Occupation: Former police officer). They are both former NFL cheerleaders.
- **Brad Hunt** (52 years old, from Columbus, Ohio. Occupation: Distribution dispatcher) with **Victoria Hunt** (47 years old, from Columbus, Ohio. Occupation: Tax manager.) They are married.
- **Mel White** (68 years old, from Lynchburg, Va. Occupation: Clergyman) with **Mike White** (38 years old, from Santa Monica, Calif. Occupation: Actor-writer.) They are father and son.
- **Linda Cole** (52 years old, from Martinsville, Va. Occupation: Customer service supervisor) with **Steve Cole** (43 years old, from Martinsville, Va. Occupation: Carpenter.) They are married.
- **Jennifer Hopka** (26 years old, from Columbia, S.C. Occupation: Student) with **Preston McCamy** (28 years old, from Columbia, S.C. Occupation: Software engineer.) They are dating.
- **Amanda Blackledge** (23 years old, from San Diego. Occupation: Student) with **Kris Klicka** (24 years old, from San Diego. Occupation: Sales representative.) They are dating.
- **Margie Adams** (51 years old, from Denver. Occupation: Clinical research associate) with **Luke Adams** (23 years old, from Denver, Occupation: College graduate.) They are mother and son.

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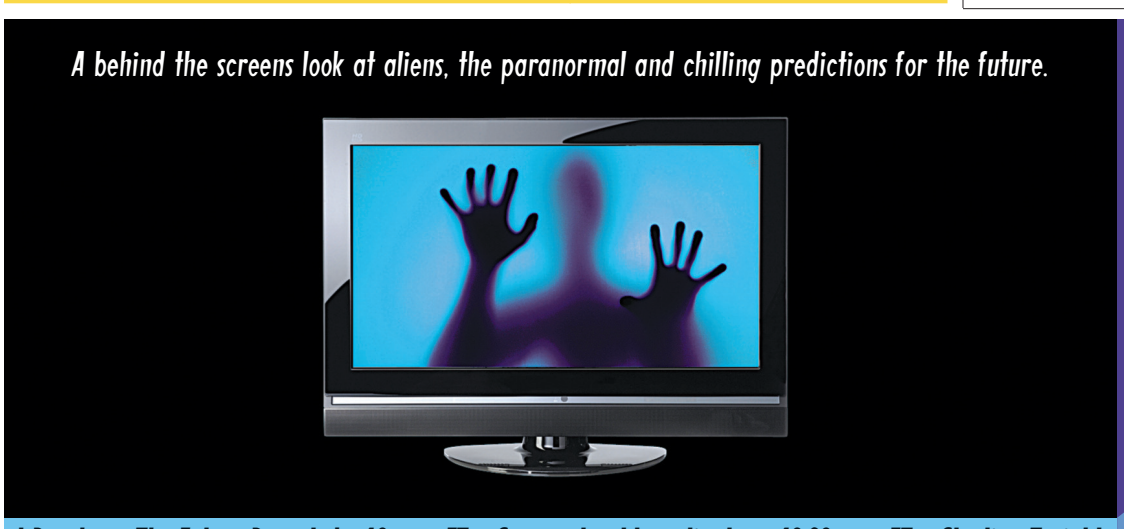

**Ziggy Stardust set to return**
David Bowie is set to resurrect his Ziggy Stardust alter-ego. The Space Oddity rocker is in talks with California's Coachella Valley Music and Arts festival to perform his classic album in its entirety. **FEMALEFIRST.CO.UK**

# Slumdog composer wowing world

**The soaring Slumdog Millionaire soundtrack's three Oscar nominations and Golden Globe award marked the first exposure by many in North America to the music of A.R. Rahman. But in his native India, he has been a national treasure for years.**

The 43-year-old composer has been winning awards since he burst on the Bollywood music scene in the early 1990s — blending styles rarely seen in mainstream Indian cinema.

Rahman has composed music for more than 130 Indian films, incorporating jazz, rock, Indian pop and western classical music.

"He changed the entire concept of Indian film music," said Subir Malik, another well-known Indian musician who described Rahman as "a very, very experimental guy."

The 81st Annual Academy Awards

Rahman, who has a degree in classical music from the Trinity College of Music in London, experimented with reggae in his debut film, Roja.

His first taste of international recognition came in 2001 when British composer Andrew Lloyd Webber invited Rahman to compose the score for Bombay Dreams.

Rahman also composed music for the stage adaptation of Lord Of The Rings that premiered in Canada in 2006 and London in 2007, but he remained relatively unknown in the United States.

That changed when he won the Golden Globe this month for best original soundtrack for Danny Boyle's Slumdog Millionaire. Then last week he was nominated for three Oscars — best original score and two in the best original song section.

A.R. Rahman

"It is an amazing moment," he told The Hindu newspaper after the Oscar nominations were announced.

The Oscar nomination, his fans in India believe, will carry his sound to the rest of the world.

"We've always known that he's world class," said Supratik Sen, a Mumbai-based filmmaker. "Now the world is going to know as well." **THE CANADIAN PRESS**

## Song comes to Gaza's aid

**CHARITY** The musician formerly known as Cat Stevens released a charity song yesterday to help the children of Gaza.

The United Nations said the London-born Yusuf Islam recorded a rendition of the George Harrison song The Day the World Gets Round, along with the German bassist and former Beatles collaborator Klaus Voorman.

All proceeds from the song will be donated to the UN agency in charge of Palestinian refugees, UNRWA, and to the nonprofit group Save the Children to be directed to aiding Gaza residents.

Islam explained on his website that he hoped the song would "help remind people of the immense legacy of love, peace and happiness we can share when we get round to looking at mankind's futile wars and prejudices, and start to change our foolish ways." **THE ASSOCIATED PRESS**

## Entertainment in brief

**MUSIC** Janet Jackson has postponed her Rock Witchu Japan tour next month because of the global financial crisis. Japan concert organizer Kyodo Yokohama said yesterday she would postpone five concerts in Japan scheduled between Feb. 14 and Feb. 22. The Grammy-winning singer had planned to perform in Saitama, near Tokyo, as well as in other major cities, including Nagoya, Osaka and Fukuoka. **THE ASSOCIATED PRESS**

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**Immortal Dakota**

Dakota Fanning is ready to bare her fangs as vampire Jane in the Twilight sequel New Moon. "I really hope it works out," Fanning, 14, told Hitfix.com while promoting her current thriller, Push. "It would be a really fantastic experience, I'm sure." PEOPLE.COM

# Mayor courts U.S. moviemakers

## T.O. tries to revive Hollywood North stature with tax incentives, low dollar and new studio complex

**Toronto Mayor David Miller spent last week in Los Angeles trying to woo U.S. studio bosses, independent movie producers and expatriate Canadians in Hollywood back to Toronto with promises of high tax credits, an improved industrial infrastructure and the lure of a low Canadian dollar.**

"The idea was to promote Toronto's excellence in film and TV production and post-production facilities," Miller said on the phone from Los Angeles. "And the timing couldn't have been more appropriate because of the low Canadian dollar."

Along with the attractive 80-cent dollar, Miller told Hollywood producers they will be charged just 78 cents for every Canadian dollar spent on city services.

Miller's trip, which had been planned "for some time," acknowledged that Toronto has lost its former Hollywood North lustre since 9/11 and the 2003 SARS scare, and along with it, millions of dollars in movie-related revenue to the U.S. New York and Michigan, in particular, started matching Canada's federal and provincial tax credits with their own "aggressive tax incentives," the mayor said.

**"Toronto is very much on the radar in Hollywood. We are under very active consideration."**
Mayor David Miller

Until recent months, an increasingly strong Canadian dollar further eroded Toronto's financial advantages to American filmmakers. "The past year has been particularly difficult because of the writers' strike and the credit problems that have affected the entire U.S. economy. In Toronto last year we did $500 million of movie business, and $100 million of that was from the U.S. In 2007 we did $750 million in (movie) business, with $250 million from Hollywood."

High on Miller's boost list was Filmport, the massive $80 million film production centre being built in the east end. It's touted as North America's largest movie production facility.

Miller met daily with representatives of major U.S. movie studios. "They spoke very highly of Toronto, of our facilities and the skill of our workers," he said. "The message was very positively received and Toronto is very much on the radar in Hollywood. We are under very active consideration."

TORSTAR NEWS SERVICE

## DVD picks

### Lakeview Terrace

**Director:** Neil LaBute
**Rating:** 14A

**MOVE IN NEXT DOOR** to a cop and all should be well, right? Not if the cop is a crazy guy played by Samuel L. Jackson. The bad-neighbour thriller stars Jackson as a Los Angeles policeman who doesn't care for the interracial relationship of the new people next door (Patrick Wilson and Kerry Washington) and takes it on himself to harass them back to where they came from. The DVD and Blu-ray come with deleted scenes, commentary from Washington and director Neil LaBute and three behind-the-scenes featurettes.

### Pride and Glory

**Director:** Gavin O'Connor
**Rating:** 14A

**CORRUPTION, DISTRUST** and betrayal threaten to shatter a family of New York cops in this crime drama starring Edward Norton, Colin Farrell and Jon Voight. Norton plays a detective reluctantly enlisted by his dad to investigate the shooting deaths of four fellow officers, a case that forces him to put his brother and brother-in-law under scrutiny. The movie comes in a bare-bones single-disc DVD or in a two-disc DVD set and Blu-ray release with a feature-length making-of documentary and a digital copy of the flick for portable video players.

THE ASSOCIATED PRESS


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**Sienna on stage**
The Roundabout Theatre Company says Sienna Miller will make her Broadway debut this fall in its production of After Miss Julie, playwright Patrick Marber's riff on a 19th-century Strindberg classic about class, sex and power. THE ASSOCIATED PRESS

# Thursday night is up for grabs

IntelleVision

**WHAT'S THE BIG DEAL ABOUT THURSDAY NIGHT?** William Petersen's exit from CSI took a big bloody chunk out of the show's ratings for its first post-Peterson show last Thursday, when just 17.5 million viewers tuned in, as compared to the 24.3 million who watched the show the previous week.

To be fair, 17.5 million pairs of eyes isn't too shabby — it's over three million better than Grey's Anatomy, the second-place show, though as the L.A. Times pointed out, the ABC show beat CSI in the 18 to 49 demographic that's either vitally important to advertisers or increasingly irrelevant, depending on what "counting angels on the head of a pin" market analysis piece you've been reading.

What it means, however, is that what's considered the most valuable night of the primetime TV week is considered up for grabs again, and the big four networks are already circling each other, shivs drawn, like Sharks and Jets, at least according to another Times piece.

"Thursday is vital to the networks," writes Scott Collins of the Times, "because that's when movie studios and other big advertisers, hoping to lure consumers making weekend plans, are most willing to part with huge amounts of cash.

"Also, it's virtually the only night that can be consistently competitive anymore. The cable networks have increasingly grabbed viewers with original programming on Sundays, while during the second half of the season Fox takes the lion's share of audience on Tuesdays and Wednesdays with American Idol."

Fox recently moved Bones to Thursday to stake out some turf, while NBC's final season of ER constitutes a kamikaze assault of sorts, to try and get some attention before they turn the 10 p.m. slot over to Jay Leno's new show later this year. It's a tense little slap-fight, but no one is looking like they're the clear contender to rule the night the way NBC did for so long.

SONIA FLEMMING/CBS

Lawrence Fishburne as Dr. Raymond Langston in a recent episode of CSI.

Thursday was comedy night when NBC owned it, starting with The Cosby Show and Cheers in the '80s, and continuing through Must See TV before the turn of the millennium and the combination punch of Seinfeld and Friends.

ABC, who previously had little more than their Thursday Night Movie to bring to the fight, briefly stole the lead with Who Wants to be a Millionaire (apparently being considered for a revival with original host Regis Philbin), before CBS stepped over NBC's supine carcass with Survivor and then CSI.

The night is obviously worth fighting over — Seinfeld only drew just over 21 million viewers during its peak finale season, and Friends was drawing 24.5 million during the 2001-02 season, back before the TiVo revolution — which means that, on at least one night a week, people are still reliably rooted to their couches, remote in hand.

But if none of the networks can cook up anything better than graying procedurals and struggling shows shifted from other nights, viewers may decide that Thursday night is ideal for drawing down their PVR queue or getting a head start on their season box set marathons.

Rick McGinnis writes about music, movies, books and television, but not opera.

## Defence underway in Spector retrial

**CELEBRITY JUSTICE** Nearly six years after an actress was shot to death in the foyer of his storied castle, music legend Phil Spector's long, strange voyage through the justice system has begun what could be its final act — his lawyer's presentation of what happened on that fateful night.

Prosecutors in Los Angeles rested their case last week in the second murder trial for Spector. The first ended in a mistrial when jurors could not reach a unanimous verdict and were deadlocked 10 to two in favour of conviction.

Both sides hope for a verdict this time. If convicted, the 68-year-old record producer could be sentenced to 18 years in prison, realistically the rest of his life.

NICK UT/THE ASSOCIATED PRESS

Phil Spector

A verdict would also render a decision on just what happened to Lana Clarkson, a statuesque, blond beauty who became a 1980s cult figure following her starring role in the Roger Corman film Barbarian Queen. Spector's lawyer, Doron Weinberg, opened his case yesterday afternoon with testimony from a coroner. Weinberg has promised to wrap up his presentation in about three weeks.

THE ASSOCIATED PRESS

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## Thriller could be Broadway musical

**THEATRE** Producer James L. Nederlander says he has acquired the rights for a stage version of Jackson's iconic music-video spoof of horror films.

The show will include songs from two of the pop king's best-selling albums, Thriller and Off the Wall. "I love the idea of making Thriller a musical. Girl meets boy, they fall in love, boy has big secret, now what?" said Nederlander, head of the firm that owns nine Broadway theatres. THE ASSOCIATED PRESS

## The Graveyard Book wins Newbery prize

**BOOKS** Oh, the horror: Neil Gaiman has received the top prize for children's literature: The John Newbery Medal. Gaiman's spooky The Graveyard Book, about a boy raised by a vampire, a werewolf and a witch, was named the winner yesterday of the 88th annual Newbery.

THE ASSOCIATED PRESS

GlobalStyle

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| | | 211 | 331 | 3 | GTV | ET Canada | Entertainment | NCIS "Love & War" (N) | | 90210 "The Bubble" | | Project Runway Canada | | News (N) |
| | | 215 | 343 | 4 | OMN1 | Two/Half Men | The Simpsons | News (N) | | Vivere Il | News (N) | The Simpsons | King of the Hill | Metropia |
| | | 210 | 302 | 6 | CBC | Coronation St. | Jeopardy! (N) | Rick Mercer | 22 Minutes | Wild Roses (HDTV) (N) | | CBC News: The National | | The Hour |
| | | 214 | 344 | 7 | CITY | Law & Order: SVU | | Privileged (HDTV) | | Scrubs | Scrubs | Primetime: What Would | | News (N) |
| | | 212 | 313 | 8 | CTV | etalk | Hollywood | American Idol (HDTV) (N) | | (9:01) Fringe (N) | | Law & Order: SVU | | News (N) |
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| | | - | 387 | 16 | CBS | Inside Edition | Hollywood | NCIS "Love & War" (N) | | The Mentalist (HDTV) | | (10:01) Without a Trace (N) | | News (N) |
| | | - | 385 | 17 | NBC | The Insider (N) | Entertainment | The Biggest Loser (N) | | | | Law & Order: SVU | | News (N) |
| | | - | 386 | 18 | ABC | Wheel-Fortune | Jeopardy! (N) | Homeland Security USA | | Scrubs | Scrubs | Primetime: What Would | | News |
| | | 219 | 346 | 20 | ACH-B | Instant Star | TMZ (N) | Cold Case | | Law & Order | | (10:01) Without a Trace (N) | | News (N) |
| | | - | - | 28 | FOX | Judge Judy (N) | Two/Half Men | American Idol (HDTV) (N) | | (9:01) Fringe (N) | | Seinfeld | Two/Half Men | The Simpsons |
| | | - | 388 | 61 | PBS | News-Lehrer | Keeping Up | Nova (HDTV) (N) (DVS) | | Frontline/World (DVS) | | Egalité for All | | Business Rpt. |
| | | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | 90210 "The Bubble" | | Privileged (HDTV) | | PIX News at Ten Tong. | | Two/Half Men |
| | | 296 | 654 | 331 | SBK | Wheel-Fortune | Jeopardy! (N) | Dr. Phil (HDTV) | | WBZ News (N) | '70s Show | Frasier | Frasier | Punk'd |
| | | 298 | 653 | 332 | TLA | Jamie Foxx | Wayans Bros. | My Wife-Kids | According-Jim | Friends | KTLA News | Two/Half Men | Two/Half Men | 90210 |
| | news | 502 | 390 | 26 | NW | CBC News | Business | Politics With Don Newman (N) | | CBC News: The National | | Politics With Don Newman | | National |
| | | 500 | 500 | 33 | CNN | Lou Dobbs Tonight | | Campbell Brown: No Bias | | Larry King Live | | Anderson Cooper 360 (HDTV) | | |
| | | 509 | 504 | 79 | CNB | CNBC Reports (HDTV) | | | | International Auto Show | | On the Money | | Mad Money |
| | sports | 405 | 417 | 22 | net | UFC Primetime | Hockeycentral | NHL Hockey Toronto Maple Leafs at Minnesota Wild. (HDTV) (Live) | | | | | Sportsnet Con. | Sportsnet Con. |
| | | 400 | 400 | 30 | TSN | NHL Hockey Washington Capitals at Boston Bruins. (HDTV) (Live) | | | | | Tennis Australian Open -- Men's and Women's Quarterfinals. | | | |
| | | 411 | 457 | 58 | OLN | Bounty Hunter | Bounty Hunter | Survivorman | | Mantracker | | Bounty Hunter | Bounty Hunter | Survivorman |
| | | 417 | 406 | 81 | SC | NASCAR Pre. | Pass Time (N) | Low Life | Low Life | Super Bikes! | Super Bikes! | Hot Import | Hot Import | NASCAR Pre. |
| | family | 551 | 542 | 25 | YTV | Adrenaline | Prank Patrol | Malcolm-Mid. | Futurama | Prank Patrol | Prank Patrol | Falcon Beach | | Mystery Hnt. |
| | | 554 | 544 | 45 | TEL | Totally Spies | Total Drama | 6TEEN | 6TEEN | Misadventures | Futurama | American Dad | Robot Chicken | Gay Couple |
| | | 556 | 540 | 51 | FAM | Wizards-Place | That's-Raven | Zack & Cody | Natural-Sadie | Han. Montana | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | cable variety | 602 | 567 | 27 | W | Will & Grace | Friends | Extreme Celebrity Scandals | | Style by Jury | Style by Jury | How to Look Good Naked | | Maxed Out |
| | | 570 | 580 | 29 | MM | Degrassi: TNG | Instant Star | Gone Wild | Gone Wild | disBand | Technical Diff. | Degrassi: TNG | Instant Star | The Shift |
| | | 615 | 520 | 31 | A&E | CSI: Miami "10-7" | | The First 48 | | The First 48 (HDTV) | | Manhunters | Manhunters | The Beast |
| | | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Serie A | Magnifica Italia | Nati Ieri | | Raymond | Raymond | George Lopez |
| | | 571 | 581 | 36 | MMM | mmmtop | Where You At | Popaganda "Outed!" | | Gene Simmons | Gene Simmons | Celebrity Wrestling | | Listed |
| | | 575 | 583 | 38 | CMT | Cross Canada Countdown | | Home Improve. | Home Improve. | Reba | Reba | Hope & Faith | Hope & Faith | Three Wishes |
| | | 616 | 521 | 39 | SHO | The Outer Limits | | Mutant X "Fool for Love" | | Testees | Trailer Park | The L Word Flashbacks. | | House |
| | | 620 | 523 | 40 | BVO | Samba Squad | | Live at the Rehearsal Hall | | In the Shadow of the Blues | | At the Concert Hall (N) | | Law & Order |
| | | 601 | 562 | 41 | SLC | Til Debt-Part | Rich Poor | Date My Ex: Jo & Slade | | Rich Bride, Poor Bride | | End of Leash | End of Leash | ET Canada |
| | | 522 | 506 | 43 | HIS | NCIS "Blowback" | | Ultimate Engineering | | Ax Men | | NCIS "Blowback" | | Re-Inventors |
| | | 625 | 548 | 44 | COM | Air Farce | Just for Laughs | | Corner Gas | The Simpsons | South Park | S. Silverman | Flt.-Conchords | Daily Show |
| | | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | Pure Design | Style | Sarah's House | Design Inc. | Colin & Justin's Home Heist | | Holmes-Homes |
| | | 294 | 529 | 47 | TBS | House-Payne | House-Payne | *Exit Wounds* ★ (2001, Action) Steven Seagal, DMX. | | | | Steve Harvey | Seinfeld | Family Guy |
| | | 576 | 582 | 49 | BET | 106 & Park | *ATL* ★★ (2006, Comedy-Drama) Tip "T.I." Harris, Lauren London. | | | | | Baldwin Hills | Baldwin Hills | Judge Hatchett |
| | | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Lost "Pilot" (Part 2 of 2) | | Star Trek: Voyager | | Destination Truth | | Stargate SG-1 |
| | | 581 | 566 | 52 | MTV | Mom & Dad | After | MTV News | Cribs | A Double Shot at Love | | A Double Shot at Love | | MTV Live |
| | | 618 | 524 | 54 | TROP | Planet Soap | Big Screen | Family Guy | Seinfeld | Seinfeld | Raymond | Family Guy | Married... With | Seinfeld |
| | | 603 | 561 | 56 | FOOD | Chef at Home | Chef at Home | Restaurant Makeover | | The F Word | | Good Eats | Good Eats | Iron Chef Am. |
| | | 261 | 394 | 60 | V | Murder, She Wrote | | Bless-Father | On the Buses | Quantum Leap | | I Prophesy | Supernatural | Poltergeist |
| | | 621 | 527 | 63 | STR | The Ellen DeGeneres Show (N) | | TMZ (N) | etalk | Look-A-Like | Off the Leash | The Tonight Show-Jay Leno | | TMZ |
| | | 553 | 546 | 65 | TRE | Ni Hao, Kai-lan | Nght Grdn | Toot & Puddle | Franklin | Little Bear | Maggie-Beast | Comfy Couch | Rolie Polie Olie | Max & Ruby |
| | | 115 | 711 | 101 | TVA | Les Gags (N) | Histoires-filles | La Fièvre de la danse (SC) | | La Promesse (HDTV) (SC) | | TVA 22 heures | (10:45) Denis Lévesque | |
| | | 126 | 730 | 102 | RDI | 24 Heures en 60 minutes | | Grands reportages (SC) | | Le Téléjournal (SC) | | RDI en direct | Le National | Le Téléjournal |
| | | 526 | 507 | 249 | VIVA | Judging Amy | | Missing | | Missing | | Encounters | In Dreams | Psychic Inv. |
| | | 300 | 601 | 301 | M1 | *Poor Boy* | (7:25) *Fido* ★★★ (2007, Horror) | | | *30 Days of Night* ★★ (2007, Horror) Josh Hartnett. | | | | *Final Verdict* |
| | | 305 | 612 | 306 | PIX | *Denver & Rio* | (7:20) *Jericho Mansions* ★★ (2003) | | | *A Fish Called Wanda* ★★★ (1988, Comedy), Kevin Kline | | | | *El Mariachi* |

## critics'corner

**South Park**
Its edgy humor is usually lots of fun, but this episode just ODs on it. For starters, Mr. Garrison gets a sex change. Just in case the transgender lobby is too small to really cause a ruckus, the subplot has Kyle learn that Jews can't play basketball. So he visits Mr. Garrison's surgeon to get a "'negroplasty" to make him taller — and black. 9:30 PM on COM

**Law & Order: Special Victims Unit**
In "Lunacy," Benson and Stabler suspect an astronaut's murder is linked to a series of rapes, but the suspect's alibi checks out. Stabler turns to his old mentor, astronaut Dick Finley, whose input proves to be a double-edged sword. 10 PM on CTV NBC

**Without a Trace**
This week, Jack and the team search for Elena's former partner, an undercover cop who went missing after a sting. During the investigation, Elena is forced to face the repercussions of her own past actions as she races to find her friend in "Once Lost." 10:01 PM on ACH-B CBS

**Oprah good choice for Obama's senate seat: Illinois governor**

Scandal-scarred Illinois Governor Rod Blagojevich had someone else in mind for President Barack Obama's vacant senate seat: Oprah Winfrey. Blagojevich told Good Morning America he thought the talk-show host and media mogul would be a good choice. METRO NEWS SERVICES

## Celebrity Buzz

# Kanye changes name in wake of fashion ad

**BLOG POST** Kanye West has changed his name, according to femalefirst.co.uk. The Stronger singer wants to be known as Martin Louis The King Jr. in future after being "forced" to adopt a new pseudonym following the launch of his new footwear range for Louis Vuitton, which was unveiled during Paris Fashion Week last week.

In a posting on his blog, the rapper said in a video message "to the world" that, "Due to what has happened — what has happened so severely when the red shoes hit the runway, I was forced to change my name to Martin Louis the King Jr. Address me as such."

Referencing T.I's Swagger Like Us, Kanye ended the video by saying: "And until then I will be in the building, swagger on a hundred-thousand trillion."

Meanwhile, a blog post supposedly by Kanye saying he wants to try his hand at adult film is apparently the result of hackers, says the singer. The post, which got a lot of attention over the weekend, had West purportedly writing, "I'm open to doing porn. Hell, I'll even do bisexual scenes."

But the rapper insists the phony feature is the result of hackers taking over his MySpace and e-mail accounts. "I just gave the performance of my lifetime for our new president," West said in response to the breach. "Please, I beg you, give me a break! Just let me be great!"

METRO NEWS SERVICES

# Franco grew fond of Milk moustache

**ROLE** James Franco liked the moustache he sported in Milk, femalefirst.co.uk reports. The Pineapple Express star portrays Scott Smith in the movie and says he was surprised to find he didn't detest his facial hair or costumes as much as he expected to.

He said: "I thought I was going to hate the moustache but I grew to kind of like it and the clothes aren't too far from what people wear today."

The actor shares love scenes with Sean Penn, who plays Harvey Milk — California's first openly-gay elected official, who was assassinated — but insists he wasn't worried by the homosexual encounters.

He added to BBC Newsbeat: "Intimate scenes like that, whether it's with an actress or an actor, there's not a lot of discussion that goes on, you just kind of do it. So we just kind of did it."

METRO NEWS SERVICES

## Kelly Osbourne back in rehab

**FAMILY** Recently engaged Kelly Osbourne has checked into rehab again, according to her mother, Sharon. "Yeah, Kelly's in rehab. What else can we say?" the tearful mother told radaronline.com. "She knew that it was the right thing to do at this point and we're proud that she did it. The family is all standing behind her. Kelly knew that she needed help and she's getting it." Intouch-weekly.com says Sharon hasn't revealed why Kelly is in treatment again.

METRO NEWS SERVICES

# Jessica sings for Romo

**RELATIONSHIP** Say this for Jessica Simpson – she doesn't hold back, people.com reports.

"I am so excited that I am going to see my boyfriend tonight," the singer told a crowd of nearly 30,000 fans at Radio 99.9 Kiss Country's annual Chili Cookoff Sunday at C. B. Smith Park in Pembroke Pines, Fla., where she shared the bill with Alan Jackson and other country stars.

Smiling, happy and hopping around the stage, Simpson, 28, performed a medley of her pop hit songs during her hour-long show, as well as delivered new songs from her first country album released last fall.

Simpson's rendition of You're My Sunday, from the country album, was dedicated to her boyfriend, Dallas Cowboys quarterback Tony Romo.

"My boyfriend is a football player, and he takes up my Sundays and now my Mondays," Simpson said.

METRO NEWS SERVICES

## Miley over with Jonas feud

**VIDEO** In Miley World, there's no such thing as a Miley Cyrus/Jonas Brothers feud and she never wanted to give Demi Lovato and Selena Gomez a smackdown, says intouchweekly.com. In a candid video on her site, Miley said of her ex-boyfriend Nick Jonas, "I love Nicky. I do love him. I love Kevin. I love Joe. I love Frankie ... So everyone should back off the feud 'cause we're over it."

METRO NEWS SERVICES

## Damon finds Bond 'repulsive'

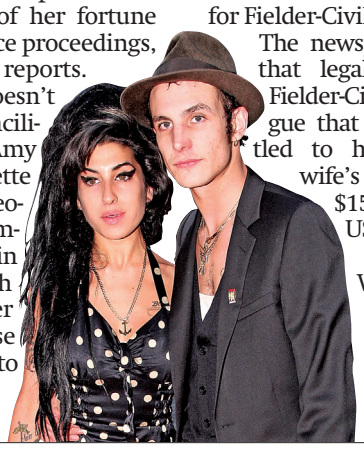
**PEOPLE** Matt Damon thinks James Bond is repulsive, femalefirst.co.uk reports. The Bourne Identity actor — who played CIA agent Jason Bourne in three hit films — has lashed out at Ian Fleming's famous British spy, currently portrayed by Daniel Craig. He said: "He's repulsive. Bond is an imperialist, misogynist, sociopath who goes around bedding women and swilling martinis and killing people.

METRO NEWS SERVICES

# Blake will avoid Amy: Mom

**RELATIONSHIP** Amy Winehouse's jailed husband, Blake Fielder-Civil, has vowed to avoid all contact with the troubled singer, according to his mother — and may use one of her love letters to back up demands for a share of her fortune during divorce proceedings, people.com reports.

"Blake doesn't want a reconciliation with Amy now," Georgette Civil tells People, confirming a report in the British press that her son may use the letter to demonstrate how important he has been to Winehouse's career. According to News of the World, which published excerpts of her handwritten letter, Winehouse, 25, promises in it that she will write new albums especially for Fielder-Civil, 26.



The newspaper adds that legal reps for Fielder-Civil will argue that he is entitled to half of his wife's estimated $15 million US earnings. A rep for Winehouse refused to comment.

METRO NEWS SERVICES

# Brangelina ready for more kids

**COUPLE** Brad Pitt and Angelina Jolie are "overdue" another child, femalefirst.co.uk reports.

The couple — who have three adopted and three biological kids together — will be adding to their brood in the near future, according to Pitt.

METRO NEWS SERVICES

**Airfares**

CHICAGO
$104
Travel Feb 11 - Feb 18/pd + taxes & fees $116

Las Vegas $139
Travel Feb 22 - Feb 27/wg + taxes & fees $209

London $149
Travel Feb 1 - Feb 9/ts + taxes & fees $408

Lima $399
Travel Feb 11 - Feb 25/ac + taxes & fees $377

Rome $399
Travel Feb 11 - Feb 25/ua + taxes & fees $370

Johannesburg $989
Travel Feb 18 - Mar 4/uaqr + taxes & fees $428

**All-inclusive Holidays**

Varadero 4-Star $677
*Oasis Turquesa* + taxes & fees $199
INCLUDES roundtrip airfare, transfers and 7 nights 4-star accom. Departs Feb 26/sqv/5g.

Punta Cana 4-Star $697
*Barcelo Dominican Beach Resort* + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star accom. Departs Mar 5/nol/ts.

Bahamas 4.5-Star $827
*Riu Paradise Island* + taxes & fees $238
INCLUDES roundtrip airfare, transfers and 4 nights 4-star accom. Departs Mar 1/sqv/5g.

Aruba 4-Star $1188
*Holiday Inn Sunspree* + taxes & fees $234
INCLUDES roundtrip airfare, transfers and 7 nights 4-star accom. Departs Mar 8/vat/ts.

**USA Holidays**

Las Vegas 3-Star $255
*Circus Circus* + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. UPGRADE to 4-star Flamingo from $10 per night. Departs Feb 8/swg/wg.

California Fly & Drive $499
+ taxes & fees $249
INCLUDES airfare to San Francisco, return from Los Angeles and 7-day car rental with unlimited mileage to discover the Golden Coast. Departs Feb 11/inf/ac. ADD San Francisco helicopter tour from $179.

New Orleans Mardi Gras $998
*Bienville House* + taxes & fees $250
INCLUDES roundtrip airfare and 4 nights 3-star accom in the historic French Quarter during Mardi Gras. Departs Feb 22/thn/us.

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SEAN PENN

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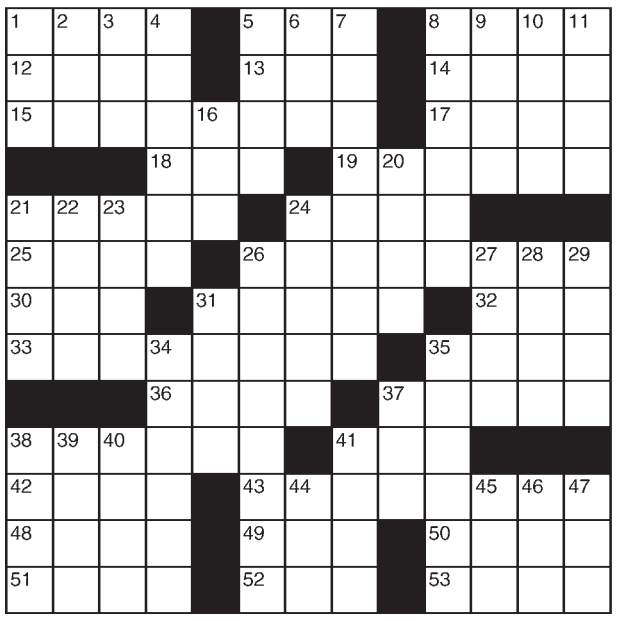

## Crossword across

1 Wide gap
5 Sleep phenom
8 Jerry Herman heroine
12 Culture medium
13 401(k) alternative
14 Surrounded by
15 Force the inclusion of
17 Ding follower
18 Consume
19 Detachable shirt front
21 Sacred song
24 Houston acronym
25 Uncomplicated
26 Lively folk dance
30 Detergent brand
31 "I see"
32 N.J. neighbor
33 "Hush!"
35 Witnesses
36 Shark variety
37 Journalist Alexander
38 Overnight flight
41 Seek damages
42 Finished
43 File transfer
48 Cherry type
49 NAFTA signatory
50 TV handyman Bob
51 Otherwise
52 Prizefighter
53 Verve

## Crossword down

1 Tank fill
2 "Yecch!"
3 Southeast Asian
4 At will
5 Laugh-a-minute
6 Blunder
7 Kind of orange or collar
8 Wild and crazy
9 Wild and crazy
10 "Dibs!"
11 Nervous
16 Scenery chewer
20 "— It Romantic?"
21 Incubator sound
22 Ganges garment
23 Without delay, on a memo
24 "— People" (Frank Loesser song)
26 Installed
27 Notion
28 Hammer-head part
29 "Born Free" lioness
31 Aussie's greeting
34 Come out
35 Put aside
37 Baltimore newspaper
38 Judicial garb
39 Satanic
40 Lairs
41 Booty
44 Buckeyes' sch.
45 Tin Man's need
46 Carte lead-in
47 Sportscaster Dierdorf

## Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | | | | | | 6 | |
| | 2 | 9 | | 4 | | 5 | 1 | |
| 7 | | | 3 | | 1 | | | 8 |
| | | 3 | 2 | | 8 | 9 | | |
| | | | | | | | | |
| | | 8 | 9 | | 5 | 1 | | |
| 4 | | | 7 | | 3 | | | 9 |
| | 3 | 7 | | 8 | | 6 | 5 | |
| | 6 | | | | | | 4 | |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

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| 8 | 5 | 2 | 3 | 7 | 4 | 6 | 9 | 1 |
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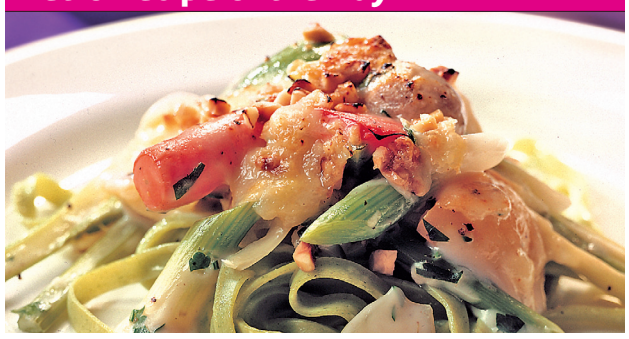
| 6 | 8 | 5 | 9 | 4 | 2 | 1 | 3 | 7 |
| 2 | 1 | 7 | 5 | 6 | 3 | 4 | 8 | 9 |
| 3 | 4 | 9 | 8 | 1 | 7 | 2 | 5 | 6 |
| 4 | 6 | 1 | 7 | 9 | 5 | 3 | 2 | 8 |
| 9 | 2 | 3 | 4 | 8 | 6 | 7 | 1 | 5 |
| 5 | 7 | 8 | 2 | 3 | 1 | 9 | 6 | 4 |

Find today's answers + play more games at metronews.ca

**SUDOKU SOLVE TIME:**
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

## Metro Recipe of the Day



### Baby Vegetable Fricassée

**INGREDIENTS:**
1 3/4-lb (750-g) mixture of young and baby vegetables such as broccoli, carrots, cauliflower, mushrooms, onions and pattypan squash or zucchini, etc
2 tbsp (25 ml) dry vermouth
1 bay leaf
2–3 fresh parsley stems
1 sprig thyme
Salt and black pepper
1 oz (25 g) Parmesan cheese, grated
2 tbsp (25 ml) whole-wheat bread crumbs

**FOR BÉCHAMEL SAUCE:**
3 tbsp (45 ml) low-fat margarine
3 tbsp (45 ml) all-purpose flour
2/3 cup (150 ml) 2% milk
3 tbsp (45 ml) low-fat sour cream
2 tbsp (25 ml) coarsely chopped fresh parsley

**METHOD:**
1. Prepare vegetables: Trim broccoli or cauliflower into small florets; top and tail carrots; slice mushrooms; quarter onions; halve pattypans or top and tail baby zucchini.
2. Put 2 2/3 cups (600 ml) water into large pot and add vermouth, bay leaf, parsley stems, thyme and salt and pepper. Bring to boil. Add vegetables, reduce heat and simmer 5 minutes.
3. Using slotted spoon, transfer vegetables to shallow 1 1/2-quart (1.5 l) flameproof dish. Set aside and keep warm.
4. Discard herbs and return vegetable stock to fast boil. Cook uncovered 10 minutes, or until it reduced by half. Preheat broiler.
5. For sauce, melt margarine in large pot and whisk in flour. Cook 1 to 2 seconds, then gradually strain in stock. Add milk and whisk. Bring to boil, reduce heat, and simmer 3 minutes. Remove from heat, stir in sour cream and chopped herbs, and season to taste.
6. Pour sauce over vegetables, sprinkle cheese and bread crumbs over top and place under broiler for 2–3 minutes, until topping is lightly browned. Serve hot.

**SERVES 4**

**rd.ca**
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes

AVATAR VENUS

**ARIES**
**MARCH 21-APRIL 20**
Be calm with a caller who demands attention. Those in charge will raise your status. The simple pleasures won't be too difficult to obtain.

**TAURUS**
**APRIL 21-MAY 21**
Your promises can be relied upon. An inconvenient mistake will cause turmoil. You'll want to give up on a foolish notion.

**GEMINI**
**MAY 22-JUNE 21**
Your disinterest won't fix someone's failure. You must concentrate to grasp an idea. A scared man will be taken by surprise.

**CANCER**
**JUNE 22-JULY 22**
You can be strong when dealing with the down-hearted. Guide someone who feels lost. Telling the truth has unexpected results.

**LEO**
**JULY 23-AUG 23**
You must be careful while cooking. Someone's love life is challenged by a scandal. Stupid mistakes become a comedy of errors.

**VIRGO**
**AUG 24-SEPT 22**
Reconsider your anger over a minor irritation. Forgive an elder for a thoughtless remark. A puzzling ailment will break a bad habit.

**LIBRA**
**SEPT 23-OCT 23**
An unusual love story gives more satisfaction. Someone you know will cause less vexation. You'll be sensible enough to deal with a change.

**SCORPIO**
**OCT 24-NOV 22**
A man tells someone what to do. A travel arrangement must be altered. The extraordinary consequences of an action are felt.

**SAGITTARIUS**
**NOV 23-DEC 21**
Someone is infatuated with you. You'll see the truth in a relationship. Technical support influences a major decision.

**CAPRICORN**
**DEC 22-JAN 20**
A woman overhears you discussing personal matters. A creep tells a bad joke. Take strong action when someone whines.

**AQUARIUS**
**JAN 21-FEB 18**
Fight for justice and refuse to play by the rules. Harmful conditions are cast off and freedom is gained. Don't be anxious about becoming a pest.

**PISCES**
**FEB 19-MARCH 20**
You are going in the wrong direction. A buddy's honour is challenged. Someone starts showing you the right kind of attention.

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Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
York Lanes (York University)
2187 Queen St. E (The Beach)
2501 Yonge St. (at Castlefield)
363 Front St. W (City Place)
455 Danforth Ave.
155 - 720 King St. W
5015 Yonge St.
38 - 1500 Royal York Rd.
8 - 1750 The Queensway

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

**Brampton**
Bramalea City Centre
60 Great Lakes Dr.
(inside Home Depot)
2880 Queen St. E
(Hwy. 7 & Airport Rd.)
26 - 55 Mountainash Rd.
10 - 80 Pertosa Dr.

**Mississauga**
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
6535B Mississauga Rd.
2458 Dundas St. W
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

**Oakville**
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

**Maple**
3 - 10019 Keele St.

**Markham**
Georgian Mall
Markville Shopping Centre
Pacific Mall
Upper Canada Mall

**Richmond Hill**
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

**Thornhill**
Promenade Mall
7171 Yonge St.
8117 Yonge St.

**Vaughan**
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

**Woodbridge**
A7 - 4220 Steeles Ave. W

EAST

**Ajax**
RioCan Durham

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Harmony Plaza
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27 - 1414 King St. E

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